

Raleigh Parks & Recreation Department



Leisure Ledger

January-April 2005

3 Easy Ways to Register



Registration Opens:

[Mail-in](#)

November 30, 2004

[Walk-in & Online](#)

December 14, 2004

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities

parks.raleighnc.gov

The purpose of Raleigh Parks and Recreation Department is to actively encourage, provide, promote and protect quality leisure, recreation and cultural opportunities, facilities and environments that are essential for the enhancement of the lives of our citizens.

Dear Raleigh Citizens,

Welcome to the City of Raleigh Parks and Recreation Department. We hope that you will take an opportunity to visit one of many parks and facilities that make up YOUR Parks System! The Raleigh Parks System encompasses over 8,000 acres of Parkland and Open Space, hundreds of facilities of all shapes and sizes and thousands of programs and activities just for you and your family's enjoyment.



If you are new to the area, you will find that Raleigh truly is a "City within a Park." Included in the Parks System you will find beautifully manicured parks for play, relaxation, and fun, natural areas for viewing Raleigh's abundant wildlife, and an expansive Greenway System for biking, hiking, walking or whatever type of exercise you prefer. Many of these facilities are located just out of your back door.



It is an exciting time of year for your Parks and Recreation Department. Old Man Winter doesn't slow us down. Our staff is always programming exciting and creative activities just for you and many of these are highlighted in this issue of the Leisure Ledger. You'll find everything from kinder sports and dance to painting, jewelry making and special events sure to get you in the holiday spirit!

Raleigh Parks and Recreation Department is excited to offer online registration beginning December 14, 2004. "Reclink" will allow patrons to view, register, and pay for many of their favorite activities from the comfort of their home or the convenience of their office. Look for special instructions in this edition of the Leisure Ledger on this new service for our customers.

Your Parks System continues to grow due to the support of our citizens and your utilization of the services provided. We look forward to your long term use of the parks and facilities. Our doors are always open to you for suggestions for improvement, new ideas for activities and events or just to come in and say hello. If you have specific questions, please feel free to contact us at 919-831-6640 or email us at Keith.Jenkins@ci.raleigh.nc.us.

Have a great day in the Park!

Raleigh Parks and Recreation Staff

Look What's New...

The Leisure Ledger has a new look!



In order to find classes and programs faster and easier, you can now search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search online with RecLink—the new Raleigh Parks and Recreation online registration system. The Leisure Ledger will continue to highlight Raleigh Parks and Recreation participants through photos and features – so keep an eye out for neighbors, friends, or even your family!

Raleigh City Council*

Mayor: Charles C. Meeker
James P. West
Janet R. Cowell
Thomas G. Crowder
K. Neal Hunt
Philip R. Isley
Michael Regan
Jessie Taliaferro

Parks, Recreation & Greenway Advisory Board Members*

Chair: Richard Bostic
Vice Chair: Jan E. Kirschbaum
Greg Barley
Peter Benda
Dr. Norman Camp
Tina J. Certo
Tina Covington
William "Robbie" Cox
Kenneth Crockett
Mary Alice Farrell
Patricia M. Johnson
Wayne Marshall
Gail Till
Anita S. Watkins
Rudolph "Rudy" Williams

*at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month at the Jaycee Park module. The public is invited to attend.

Executive Staff

Director: Jack C. Duncan
Recreation Superintendent for Operations: Randy Ray
Recreation Superintendent for Services: Diane Sauer
Parks Superintendent: Wayne Schindler
Building Maintenance Superintendent: Billy Jackson
Design/Development Administrator: Dick Bailey
Program Development & Marketing Administrator: Vacant

Cover Photo: Erika Martin in a Art4Fun camp at Pullen Arts Center. Her quote: "I loved making this homemade sketch book during Art4Fun camp. I could be as creative as I wanted, and used glitter, string, leaves, and ribbon to design the perfect book."

Frequently Called Numbers

General Information

Visit our web site at: Parks.RaleighNC.gov

To update, add, or delete your name from our mailing address, call 831-6640 or send in a registration form with the appropriate box checked describing the service that you need.

Recreation Division 831-6640
Administration Division 890-3285
Adopt-A-Park 872-4115
Corporate Leisure Services
831-6640 ext 6862
Greenways 890-3285
Maintenance/Parks Division 872-4115
Marketing and Program Development
Division 831-6842
Urban Forestry 872-4115

Program Areas

Adults and Senior Adults Program
831-6851
Adventure Program 831-6855
Aquatics and Swimming Pools
831-6852
Arts Program 831-6854
Athletics Program 831-6836
Athletics Leisure Line Update
831-6575 (24 hr. recording)
Community Centers Program
831-6685 / 831-6677
English as a Second Language Program
831-6640 ext 6844
Lakes and Pullen Amusements
807-8377
Nature Programs 831-6856
Specialized Recreation Services:
Adults 831-6640 ext 6845
Aquatics 831-6640 ext 6849
Hearing Impaired 831-6640 ext 6846
Visually Impaired 831-6640 ext 6847
Youth 831-6640 ext 6848
Wake County Special Olympics
807-8378
Special Programs: 831-6684
After School Program
Computer Labs
Summer Camps
Tennis Program 872-4128
Teens Program 831-6688

Facilities

Art Centers

Pullen Arts Center 831-6126
105 Pullen Road, 27607
Sertoma Arts Center 420-2329
1400 W. Millbrook Road, 27612

Lakes

Lake Benson 662-5703
Buffaloe Road, Garner, 27529
Lake Johnson 233-2121
4600 Avent Ferry Road, 27606
Lake Wheeler 662-5704
6404 Lake Wheeler Road, 27603
Shelley Lake 420-2331
1400 W. Millbrook Road, 27612

Staffed Community Centers with Gymnasiums

Biltmore Hills 831-6895
2615 Fitzgerald Drive, 27610
Carolina Pines 831-6435
2305 Lake Wheeler Road, 27603
Chavis 831-6989
505 MLK Jr. Boulevard, 27601
Green Road 872-4140
4201 Green Road, 27604
Halifax 831-6378
1015 Halifax Street, 27604
Jaycee 831-6833
2405 Wade Avenue, 27607
Lake Lynn 870-2911
7921 Ray Road, 27613
Laurel Hills 420-2383
3808 Edwards Mill Road, 27612
Lions 831-6995
516 Dennis Avenue, 27604
Method 831-6066
514 Method Road, 27607
Millbrook Exchange 872-4156
1905 Spring Forest Road, 27615
Optimist 8780-2880
5900 Whittier Drive, 27609
Roberts 831-6830
1300 E. Martin Street, 27610
Tarboro Road 831-6505
121 N. Tarboro Road, 27610
Worthdale 250-2730
1001 Cooper Road, 27610

Staffed Centers without Gymnasiums

Peach Road 807-8545
911 Ileagnes Road, 27603
Pullen 831-6052
408 Ashe Avenue, 27606
Ralph Campbell 250-2757
756 Lunar Drive, 27610
Southgate 831-6719
1801 Proctor Street, 27610
Walnut Terrace 831-6155
111 W. Lee Street, 27601

Unstaffed

Neighborhood Centers

Inquiries and mail for unstaffed neighborhood centers should be sent to the c/o site.

Brentwood c/o Green Road 872-4140
3315 Vinson Place, 27604
Eastgate c/o Millbrook 872-4156
4200 Quail Hollow Drive, 27609
Garris Building c/o Jaycee 831-6833
820 Clay Street, 27605
Glen Eden Pilot c/o Jaycee 831-6833
1500 Glen Eden Drive, 27612
Kiwanis c/o Optimist 870-2880
2525 Noble Road, 27608
Powell Drive c/o Method 831-6066
740 Powell Drive, 27606
Sanderford Rd c/o Biltmore Hills 831-6895
2623 Sanderford Road, 27610
John P. "Top" Greene Center
c/o Chavis 831-6989
401 MLK Boulevard, 27601

Year Round Swimming Pools

Pullen Aquatic Center 831-6197
410 Ashe Avenue, 27606
Optimist Pool 870-2882
5902 Whittier Drive, 27609

Summer Swimming Pools

Bitmore Pool 831-6736
701 Crown Crossing Lane, 27529
Chavis Pool 831-6665
501 MLK Jr. Boulevard, 27601
Lake Johnson Pool 233-2111
1416 Athens Drive, 27606
Longview Pool 831-6343
321 Bertie Drive, 27610
Millbrook Pool 872-4130
1905 Spring Forest Road, 27615
Ridge Road Pool 420-2322
1709 Ridge Road, 27607

Special Facilities

All Children's Playground
c/o Laurel Hills Park 420-2383
3808 Edwards Mill Road, 27612
Anderson Point Park 831-6640 ext 6041
10 Rogers Lane, 27610
Baileywick Road Park 870-2911
9501 Baileywick Road, 27615
Borden Building
at Fletcher Park 831-6430
820 Clay Street, 27605
Method Pioneer Building 831-6066
516 Method Road, 27607
Millbrook Exchange
Off-Leash Dog Park 872-4156
1905 Spring Forest Road, 27615
Mordecai Historical 834-4844
1 Mimosa Street, 27604
North Hills Park 870-2880
100 Chowan Circle, 27609
Oakwood Park 831-6995
910 Brookside Drive, 27604
Pullen Amusements 831-6468
520 Ashe Avenue, 27606
Raleigh Little Theatre/
Rose Garden 821-4579
301 Pogue Street, 27607
Spring Forest Road Park 872-4140
4203 Spring Forest Road, 27616
Theatre in the Park 831-6936
105 Pullen Road, 27607
Tucker House 831-6009
418 N. Person Street, 27601
Williams Park 420-2329
6601 Leadmine Road, 27612

Special Athletic Facilities

Buffaloe Road Athletic Park 831-6836
5812 Buffaloe Road, 27616
Cedar Hills Park
Disc Golf Course 870-2880
5600 Sweetbriar Street, 27609
Kentwood Park
Disc Golf Course 831-6435
4531 Kaplan Drive, 27606
Lions Park BMX Track 831-6995
516 Dennis Avenue, 27604
Marsh Creek Park
Inline Hockey Rink 872-4140
3016 New Hope Road
Millbrook Exchange
Tennis Center 872-4128
1905 B Spring Forest Road, 27615
Walnut Creek
Softball Complex 250-2725
1201 Sunnybrook Road, 27610

Nature Parks

Brookhaven Nature Park 831-6856
5125 Berkeley Street, 27612
Durant Nature Park 870-2871
8305 Durant Road, 27614

Picnic Shelters

The following parks have picnic shelters available on a first come/first serve or rental capability. Shelters are rented either on a half day of full day basis and take precedence when rented. Inquiries and mail for certain shelters should be sent to the c/o site. Those parks with shelters that are not listed below are available on a first come/first serve only basis.

Anderson Point 831-6640 ext 6041
Baileywick c/o Lake Lynn
870-2911
Biltmore Hills 831-6895
Brentwood c/o Green Road
872-4140
Carolina Pines 831-6435
Cedar Hills c/o Optimist 870-2880
Chavis 831-6989
Durant Nature Park 870-2871
Eastgate c/o Millbrook 872-4156
Fallon c/o Optimist 870-2880
Jaycee 831-6833
Kingwood Forest c/o Biltmore
831-6895
Kiwanis c/o Optimist 870-2880
Lake Johnson 233-2121
Lake Wheeler 662-5704
Marsh Creek c/o Green Road
872-4140
Method 831-6066
Millbrook 872-4156
Glen Eden Pilot c/o Jaycee
831-6833
Lions 831-6995
North Hills c/o Optimist
870-2880
Peach Road 807-8545
Powell Drive c/o Method
831-6066
Pullen Amusements 831-6468
Ralph Campbell 250-2757
Roberts 831-6830
Sanderford Road c/o Biltmore Hills
831-6895
Southgate c/o Lions
831-6995
Spring Forest Road c/o Green Road
872-4140
Tarboro Road 831-6505
Williams Park c/o Sertoma Park
420-2329
Worthdale 250-2730

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Unique Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue, Raleigh, NC 27606

Phone: 919-831-6468

Fax: 919-831-6143

www.raleigh-nc.org/parks&rec

Park Managers - Marvin Howell, Carolyn Hudson

2005 Hours of Operation

Mar 11-20	M-Th	Closed
	F,Sa	10:00am-5:30pm
	Su	1:00-5:30pm
Mar 21-May 8	M-F	10:00am-4:30pm
	Sa	10:00am-6:30pm
	Su	1:00-6:30pm
May 9-Sep 5	M-F	10:00am-6:30pm
	Sa	10:00am-7:30pm
	Su	1:00-7:30pm
Memorial Day		10:00am-7:30pm
Labor Day		10:00am-7:30pm
Sep 6-Oct 30	M-F	10:00am-4:00pm
	Sa	10:00am-6:30pm
	Su	1:00-6:30pm
Oct 31-Nov 27	M-Th	Closed
	F,Sa	10:00am-5:00pm
	Su	1:00-5:00pm

Ticket sales will end 15 minutes before the rides close each day to ensure enough time for patrons to ride. Amusement rides are subject to close early due to inclement weather or darkness. The ticket office will stop selling pedal boat tickets 45 minutes before the park closes. The last pedal boats will go out 45 minutes before the park closes to ensure that patrons have time to ride. Weekend overflow parking available at Governor Morehead School across Ashe Avenue and at the NCSU Parking Deck on Cates Avenue off of Pullen Road. Bus parking available in upper parking lot or at the north end of the park behind the softball fields. Any special requests regarding shelter reservations should be arranged with park management a minimum 6 weeks in advance. Additional fees may be required.



2005 Ticket Prices MasterCard and Visa Accepted
\$1 per ticket. Tickets can be used at any time.

Carousel	1 Ticket
Kiddie Boats	1 Ticket
Train	1 Ticket
Pedal Boats	5 Tickets/boat/half hour

All boat rentals are based on the cost per boat. 4-person boats available. There must be one person at least 16 years of age on each boat that leaves the dock.

Concessions

Our concessions offers sno-kones, popcorn, hotdogs, nachos, fountain drinks, bottle water, juice, ice cream, candy, chips and other fun items. Large orders may be placed in advance and will be ready for you on the day of your event.

Souvenir Sales

Carousel T- Shirts	Youth \$8	Adult \$11
Pullen Park T- Shirts	Youth \$12	Adult \$15
Carousel Animal Post Card/Park Post Card	50¢	
Pullen Park Stationary Note Cards (set of 8)	\$5	
Pullen Park Ink Pens	75¢	

For more information on picnic shelter rentals at Pullen Park, please contact Pullen Amusements.

BMX Track

Bicycle Motorcross Track

Capital City BMX, home of ABA Pro Brandon Hopkins, would like to invite you to visit the track at Lions Park off Capital Boulevard in Raleigh. BMX racing is exciting fun for the entire family! Racing season is from February to mid-December. To be eligible to race, you must first become an American Bicycle Association (ABA) member. The fee is \$45 a year and trial memberships are also available. Membership applications can be obtained at the track during practice nights or Sunday races. Practices are Thursdays and Saturdays from 5:00pm until dark. Races are every Sunday with registration from 1-2:30pm with racing starting as soon as possible after registration. The fee for racing is \$8. Contact our hotline at 834-4BMX or visit our website at www.ccbmx.com for more information. See you at the races!

Arts Centers

Pullen Arts Center

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, weaving, and glass arts. In addition to classes in painting, drawing, and pottery. The extensive studios and equipment, and the well-trained core of instructors make these studios some of the most desired in the area.

Sertoma Arts Center

Along with classes in painting, drawing and pottery, Sertoma Arts Center offers a well-

Unique Facilities

equipped black and white darkroom studio, making it possible for adults to experience the art of photography. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Historic Homes

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G. S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information contact Elaine Ford at 831-6009 or Lynne Mullins at 831-6640.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information contact Janet Plummer at 831-6430 or Lynne Mullins at 831-6640.

Lakes Facilities

Lake Johnson Park

4601 Avent Ferry Road
Raleigh NC, 27606
(919) 233-2121

Park Manager - Lila Mill

Email: Lila.Mill@ci.raleigh.nc.us

Assistant Park Manager - Coley Hughes

Email: Coley.Hughes@ci.raleigh.nc.us

Year-round

Lake Wheeler Park

6404 Lake Wheeler Road
Raleigh NC, 27603
(919) 622-5704

Park Manager - Ben Herrmann

Email: Ben.Herrmann@ci.raleigh.nc.us

Assistant Park Manager - Ben Coats

Email: Ben.Coats@ci.raleigh.nc.us

Year-round

Shelley Lake

1400 W. Millbrook Road
Raleigh NC, 27612

(919) 420-2331

Park Manager - Nick Howell

Seasonal

Lake Benson Park

1807 Buffaloe Road
Garner NC, 27529

(919) 919-662-5703

Seasonal

Boat Rentals

A variety of motorized and non-motorized rental boats are available for rent at each of the Raleigh Lakes (weather and temperature conditions permitting) [see below]. At least one person in the boat must be 16 or older. Availability of boat types varies at each lake facility. Please contact each facility for additional information.

Jon Boats

\$3/hour w/o motor
\$15/all day w/o motor
\$8/hour w/motor
\$40/all day w/motor

Pedal Boats

\$5 per 1/2 hour
\$7/hour

Canoes/Kayaks

\$3/hour

Sunfish Sailboats \$10/hr

\$10/hour (\$20 deposit -
1 person must be at least 18)

Please Note:

Individuals desiring to rent a jonboat may bring their own electric motor (gas motors are prohibited at Lake Johnson, Shelley Lake, and Lake Benson) Individuals desiring to rent a Sunfish Sailboat must first demonstrate proof of experience. Inexperienced users will not be permitted to rent a sailboat.

Factors Affecting Boat Rentals:

Inclement Weather. Upon first hearing of thunder or notice of lightning, all rental boats will be required to return to the waterfront center. In addition, rental boats will not be rented during inclement weather. Boat rental operations may again take place 30 minutes after a storm has passed. High winds resulting in small white cap conditions will preclude boat rental operations from taking place. Again, it is a good idea to call ahead to determine current conditions.

Winter rentals (Jonboats & Paddleboats only):

Boat rentals from November through March will be based on the 100 degree rule, which was taken from the Coast Guard method of analyzing hypothermia scenarios. Both the water and air temperatures will be taken on a daily basis. If both temperatures combined add up to 100 degrees or more, then boat rentals will be allowed. If the combined water and air temperatures fall below 100 degrees, then no boat rentals will be conducted. Please call park office for daily conditions.

Private Boat Launchings

Lake Wheeler & Lake Johnson Only

Lake Johnson

Privately owned boats (non-trailered and non-motorized) may be launched at Lake Johnson upon payment of a nominal mandatory launch fee (see below). Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Johnson unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. Boats may be launched at the designated area located on the beach. Boats shall not be launched from private property surrounding the lake. Vehicles driving towards the lake should halt at the loading zone sign adjacent to the Waterfront Program Center and proceed to the concession area where the launch passes can be purchased.

Lake Wheeler

Powerboats of most types, along with all non-motorized craft may launch at Lake Wheeler. It should be noted however, that personal watercraft (PWC's)—a formal term used to describe jet-ski type of boats—are not allowed to launch at Lake Wheeler as per City of Raleigh Ordinance. In addition, Lake Wheeler has also enacted (per City Ordinance) limited no-wake hours from sunrise to 11am on Tuesdays, Thursdays, and Saturdays year-round. Boats of all types (with the exception of PWC's) may launch during these no-wake hours however, the operators of these boats must operate their craft in a manner that will not create sizeable wakes (keeping boat speeds less than 10 mph). These limited no-wake hours were enacted to afford a variety of very small fishing boats and non-motorized boat users the opportunity of using the lake without fear or concern for dangerous wakes that can interrupt recreational activities.

Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Wheeler unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. All boats must launch by the designated launching docks. Boats may not launch from any other area along the lake to include the old Penny Rd. launch area, nor can boats launch from private property surrounding the lake. The speed limit on Lake Wheeler is 40 mph. Established launch fees are not based on boat type, but a general recreational fee levied upon users for the right to place a boat on Lake Wheeler. Boaters should first halt at the stop sign adjacent to the Waterfront Program Center and then proceed

Lake Wheeler continued next page —

Unique Facilities

Lake Wheeler continued —

to the concessions area to pay launch fees.

Launch Fees

Full season: Jan1-Dec 31

Half season: Jul 1-Dec 31

City of Raleigh Residence

\$4 Daily \$100 Season Pass \$50 Half Season

Non-City of Raleigh Residence

\$6 Daily \$150 Season Pass \$75 Half Season

Senior Citizen \$1.75 Daily

Fishing Opportunities

There are many opportunities for fishing at Raleigh Lakes. We ask that you please follow these guidelines.

- Because the lakes are considered secondary water reservoirs, bank fishing (from the shores) of Lake Benson, Johnson, and Wheeler are prohibited by Raleigh City Ordinance.
- Fishing is permitted from Lake Johnson boardwalk, designated fishing piers, Simpkins Pond, and Shelley Lake shorelines. Fishing from any boat is allowed at all Lakes. Please check each facility for regulations and/or fees.

Lake Wheeler

Fees (mandatory for all patrons fishing on foot, ages 12-62)

City of Raleigh Residence \$2.50 Daily

Non-City of Raleigh Residence \$3 Daily

Bait sales available at Lake Johnson and Shelley Lake

Fishing Tackle Loaner Program

Want to have fun like you've never had before? Go fishing! Whether you're 8 or 88 years young, you can borrow a rod and reel from us for free. Just like checking out a book at the library. When a participant signs up for the program and completes the registration form, the participant will be issued a permanent rod & reel loaner card and may check out a rod & reel for a certain amount of time. The card must be kept in the park office while the participant is borrowing the equipment. If equipment is not returned or returned in poor condition, they will lose their card and benefits.

The program is designed to introduce children and adults to the wholesome outdoor activity of angling. Currently, 27 states take part in the Program. It allows kids and adults to go fishing anytime of the year, regardless of experience or amount of personal equipment. So, come out, soak up the sunshine, take in the fresh air, and get ready for extra excitement when the big one bites! Available at all Raleigh lakes.

For additional information or to gain more experience in the sport of angling, make sure to check out our various fishing classes that are offered.

Lake Facility Rentals

The Conference Rooms and open deck areas at both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. The Conference Rooms, which are 25' x 40', overlook a scenic view of the lakes. The rooms include a warming kitchen that consists of a refrigerator, microwave, coffee pot, and countertop space. Reservations should be made in advance. Also, available to rent is our large deck area with covered verandahs. Individuals/organizations desiring to have beer and wine present for their functions should contact Park Manager for additional details and requirements.

Rental Prices

Conference Room \$50 per hour

Conference Room, and Verandah \$80 per hour

Conference Room, Deck and Verandah \$110 per hour

Non-refundable cleaning fee \$50

Refundable security deposit \$75

Additional fees may apply

Magnolia Cottage at Lake Johnson

The Magnolia Cottage offers a truly unique and innovative dimension to the recreational experience. Nestled deep within the serene woods, the house has a picturesque and peaceful setting ideal for both intimate and professional functions, and a host of recreational activities. Built by a student of Frank Lloyd Wright, the Magnolia Cottage mirrors the mastery in design and the use of light the architect is noted for. These architectural elements are evident in all three of its spacious and inviting rooms, in addition to an enclosed sunroom and private, outdoor deck.

Rental Price

\$250 for a minimum of 4 hours

\$50 each additional hour

\$50 non-refundable cleaning fee

\$75 refundable security deposit

Additional fees may apply

Additional Fees

- Audio Visual Equipment: (availability of equipment varies per facility) There is a flat \$20 daily fee if equipment is requested. Equipment may include TV with VCR, overhead transparency projector, slide projector, etc.
- Linens: Lake Johnson Park offers a variety of linens for all of your party or meeting needs. Contact park office for more information as prices may vary depending on size and color.
- Deposit: a \$75 refundable cleaning/security deposit will be required. Deposit will be returned if conference room or Magnolia Cottage is restored in the same condition as found.

– Fee: a \$50 non-refundable cleaning fee will be required. This fee covers the cleaning prior to and after your rental as well as the set-up/break-down.

– After-Hours Fee: Rentals lasting beyond normal park closing hours (sunset) will require an additional \$20/hour charge to maintain a part-time park employee on hand. No rentals past 12:00am.

Covered Picnic Shelters

Size of shelters varies at each lake facility.

Please contact park office for more information.

Large Picnic Shelters

150-175 patrons \$10/hour plus deposit

Medium Picnic Shelters

50-75 patrons Rental fee to be determined

Small Picnic Shelters

Up to 30 patrons \$7/hour plus deposit

– Deposit: A \$ 50 refundable cleaning/security deposit will be required for small shelters.

Deposit will be returned if shelter is restored in the same condition as found.

– Deposit: A \$ 75 refundable cleaning/security deposit will be required for large shelters.

Deposit will be returned if shelter is restored in the same condition as found

*For reservations at Lake Benson Park, please contact Garner Parks and Recreation at (919) 772-4688

Eagle Scout and Group Volunteer Projects

The Raleigh Lakes have become one of the premier sites in the triangle for Eagle Scout and group volunteer projects. Many projects have already been completed—to the absolute delight of thousands of park visitors. A variety of projects are available for construction and specific information may be obtained by contacting the Park Managers at each lake facility. All eagle projects will require approval and should meet the criteria of aesthetics, durability, and functionality. Although materials are not available at this site, various methods can be used to secure their use: fund raisers, donations, car washes, etc. Projects include but are not limited to: trash barrel enclosures, concrete & stone barbecue grills, hiking trail bridges, commercial picnic tables, park benches, park front entrance enhancements, trail enhancement projects, etc.

Lake Extras!

New Multi-color 5" x 7" Postcards available for sale at Lake Wheeler

Each post card features a collage of images depicting a specific theme.

1. Fall/Winter Activities
2. Summer Activities
3. Facilities
4. The Waterfront Program Center

Purchase individually for \$1, or acquire in bulk for discounted prices (100 or more)

Unique Facilities

Tennis Centers

Millbrook Exchange Tennis Center

1905B Spring Forest Rd
Tennis Director: David Bell
872-4128

Building Hours

M-F 9am-9:30pm Sa,Su 9am-6pm
Court lights are on everyday until 10:30pm.

The Millbrook Exchange Tennis Center serves as the flagship facility for the City of Raleigh Park and Recreation Tennis Program. This fully functional tennis facility includes 23 lighted courts, a doubled sided stand alone fenced in backboard, a conference and meeting center, observation deck and pro shop. The pro shop sells tennis balls, tennis accessories, and beginner adult and junior racquets and has a stringing service which guarantees a 24 hour turn around time. In addition, there is an active drop in doubles challenge court and a ball machine for rent. Monday and Thursday mornings are "senior" play days for senior adults age 55 and throughout the year. Play begins at 9am. This is a drop in mixer with all levels of play. Players can simply show up to play without pre-registering.

Rental Facilities

Anderson Point

10 Rogers Lane
Park Manager - Lynne Mullins
Office: 919-831-6640
Fax: 919-831-6470
Email: Lynne.Mullins@ci.raleigh.nc.us

Plan Your Corporate Meetings, Team Building Seminars, Weddings, Family and High School Reunions Today! Escape everyday living and come out to the countryside. Anderson Point is the perfect place to get away from life in the city and to let your mind dance along the Neuse Corridor. Sit on top of lookout point or in our wooden swings and marvel at the panoramic view of the beautiful rolling hills. The Retreat Cottage is the main attraction of the park; it's original hardwood floors and decorative painted trim offers a distinguished charm. You will appreciate the natural environment of our 105 acres of open recreation and leisure areas with three informal sport fields, "Greenway" trails, garden gathering area, our unique children's playground area, canoe launch, and two rental shelters large enough to accommodate a social gathering of any size. Let Anderson Point make your next event an experience you won't soon forget.

Durant Nature Park

8305 Camp Durant Rd.
Raleigh, NC 27614
Park Manager - Karen Berry
870-2871 (park office)

Plan your business meetings, family reunions, wedding receptions, parties and overnights at Durant Nature Park. Enjoy the ambience of a natural wooded setting, miles of hiking trails, a 12 acre lake with fishing, a playfield, playground and picnic shelters too! Durant Nature Park is open year-round from 8am until dusk, 7 days a week. Enjoy the outdoors in this amazing setting with a variety of classes and recreational opportunities for the entire family! Call the park office for more information or to be put on our mailing list.

Campbell Lodge

Seats 200. Perfect for wedding receptions, family reunions or other large events. Includes large warming kitchen, Great Room with 2 stone fireplaces, icemaker and walk-in freezer. Day and evening use (until midnight). Hourly rate: \$50 plus deposits.

Training Lodge

Sleeps 40; Seats 60. Smaller group use for overnight or daytime use. Kitchen facilities, 22 bunk spaces with 18 add-on cots; large multi-purpose room. Hourly rate: \$30 plus deposits. Overnight rate: \$150 plus deposits (Check-in: 1pm; Check-out 10am)

Pullen Community Center

Pullen Community Center is located in Pullen Park at 408 Ashe Avenue (next to Pullen Aquatic Center). Our facilities include 3 large and 2 medium size program/meeting rooms, fitness room, computer lab, and a game room (one pool table). Meeting rooms are available for parties, meetings and special occasions on a space available basis. Call for rates and booking information. Hours of operation are Monday-Friday 7:30am to 9:30pm and Saturdays 9:00am to 3:00pm. Participants may register for a wide variety of activities at Pullen Community Center. Some of our programs include karate, fitness, yoga, bingo, scrapbooking and ballroom dance. Join our fitness room for only \$10 per month (non-Raleigh residents add \$7) with no contract. For a complete listing of programs visit our web site at <http://www.raleigh-nc.org/parks&rec>. You may register for city wide programs at your local community center (some restrictions may apply). We provide quality programs by hiring qualified, well trained staff and instructors. If you are interested in starting a new program or would like to instruct a class, please contact the Pullen Community Center Director. Questions, comments and ideas are welcome. Shelter reservations can be made through Pullen Amusements at 831-6468. Contact Pullen Aquatics at 831-6197 for your aquatic needs.

Program Descriptions

Adventure Program

Program Supervisors

Michael Kafsky and Kathy Capps

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including Kayaking, Canoeing, Climbing, Mountain Biking, Whitewater Rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6640 or 831-6855.

Arts Program

Recreation Program Director - Thea Fotiu

Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many

Arts Program continued next page —

Program Descriptions

Arts Program continued —

unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll have opportunities to participate, observe, or relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year... and that you will be inspired to create! For information on the Arts program, call 831-6854.

Athletics Program

City Athletic Director - Dale Smith
Adult Athletic Program Supervisor
 Jackie Twisdale
Youth Athletic Program Supervisors
 David Tugwell and Susan McFarland
Walnut Creek Softball Complex Supervisor
 Shadu Jackson

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. The Youth Athletics Programs caters towards children ages 5-18 and provides numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Programs provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836.

Southeastern Masters Track and Field
 Registration is held January 1 - mid April. The meet will be held in May. Registration forms will be available January 1. This meet is the longest running Masters meet in the country. All events are held. For more information please contact Dale Smith at 831-6836 ext 2.

Adult Indoor Volleyball Registration
 Registration will be held Monday-Friday, February 7-18 at 2401 Wade Avenue, Raleigh, NC 27606. The cost per team is \$200 and each team is given 12 matches. Non-city residents will pay an additional \$24 per person to participate. Leagues offered will be Men's, Women's and Co-Ed. All matches will be played at Lake Lynn Community Center, 7921 Ray Road, Raleigh NC 27613. The Men's and Women's leagues will play on Mondays and Wednesdays and the Co-ed leagues will play on Tuesdays and Thursdays. First game will begin week of March 21. For more information contact Dale Smith at 831-6836 ext 2.

Adult Spring Softball Registration

The Athletic Division will be holding registration for Adult Spring Softball from Monday-Thursday, February 28 - March 3. Registration will be taken for Men's and Women's Open Leagues, Closed, Church, Coed, Weekend, One Night per Week, and Over 50yr leagues. Registration will be held from 8:30am-6:00pm at 2401 Wade Avenue. Cost is \$425 per team with a non-City resident fee of \$24 per player. Play to begin the week of April 11. Each team will receive a 14 game season. The tournament fee will be \$50 per team.

Baseball and Softball Officials Clinic

Official clinics for anyone interested in baseball and softball should contact the athletics division at 831-6836. These clinics will be held in February and March. Please contact for dates and times.

North Carolina High School Athletic Association State Championships

The Raleigh Parks and Recreation Department, North Carolina State University and the Greater Raleigh Convention and Visitors Bureau will be hosting the following North Carolina High School Athletic Association Championships:

Swimming and Diving
 1A,2A NCSU & Pullen Aquatic Center Feb 5
 3A,4A NCSU & Pullen Aquatic Center Feb 11-12
Basketball
 1A,3A NCSU Reynolds Coliseum Mar 12

Come out and enjoy watching the best high school athletes from across the state! For additional information, please contact 831-6681.

Aquatics Program

Aquatic Facilities & Program Supervisor
 Terri Stroupe
Training & Development Specialist
 Chris Murray
Administration 831-6852

The Aquatics Program offers instructional swim and stroke lessons, aquatic fitness classes, lap swimming opportunities, American Red Cross Lifesaving Classes, and open swim times for the general public at 2 year round facilities and 8 summer facilities.

Optimist Pool

Aquatic Center Supervisors
 Phil Fleischmann, Susan Lamoreaux
 870-2882
 5902 Whittier Drive
 Raleigh, NC 27609

Pullen Aquatic Center

Aquatic Center Supervisors
 Tricia Daugherty, Tim McAllister, Greg Warren
 831-6197
 410 Ash Avenue
 Raleigh, NC 27606

Admission Fees

All visitors passing front desk must pay! Children 8 yrs or younger must be accompanied by paying adult.

At The Door	Resident	Non-Resident
1-8 years	75¢	\$1.50
9-15 years	\$2.25	\$4.50
16-61 years	\$2.75	\$5.50
62 & over	\$1.50	\$3.00

Pool Passes

Punch Pass	Resident	Non-Resident
1-8 years	\$ 9	\$15
9-15 years	\$18	\$30
16-61 years	\$25	\$45
62 & over	\$20	\$30

Photo I.D. Pass purchased at : Raleigh Parks & Rec. Dept., 2401 Wade Ave., from 8:30am-5:15pm, M-F. Payments by check or money order. Credit card purchases available also.

Monthly Pass	Resident	Non-Resident
1-8 years	\$12	\$20
9-15 years	\$23	\$35
16-61 years	\$30	\$50
62 & over	\$24	\$36

Annual Pass (Valid 1 year to date)	Resident	Non-Resident
1-8 years	\$60	\$95
9-15 years	\$85	\$160
16-61 years	\$160	\$235
62 & over	\$125	\$195

Purchased at each pool for 15 swims. All passes are not transferable and become property of the City of Raleigh upon date of expiration. Replacement passes are available for \$5.

Aquatic Hours of Operation

Optimist Pool

Recreational Swim (Main pool)	M-F	9:00am-8:00pm
	Sa	12:30-5:30 pm
	Su	1:00-5:30 pm

Lap Swim

	M-F	5:30am-8:00pm
	Sa	6:00am-5:30pm
	Su	7-9:30am, 1-5:30pm

Pullen Aquatic Center

Recreational Swim (Main Pool)	M-F	9:00am-8:00pm
	Sa	12:30-5:30pm
	Su	1:00-5:30pm

Lap Swim

	M-F	5:30am-8:00pm
	Sa	6:00am-5:30pm
	Su	1:00-5:30pm

Diving Boards

	F	5:30-8:00pm
	Sa	12:30-5:30pm
	Su	1:00-5:30pm

Teaching Pool

	M,W,F	9:00am-8:00pm
	T,Th	12:30-5:00pm
	Sa	12:30-5:30pm
	Su	1:00-5:30pm

Program Descriptions

Community

Centers Program

Assistant Recreation Superintendent and
Community Center Program Supervisors
Betsy Norris and Lynn Warren

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full complement of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 831-6685 or 831-6677.

Corporate Leisure Services Program

Corporate Leisure Services Supervisor
Karen Hayter

E-mail: Karen.Hayter@ci.raleigh.nc.us
The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at <http://www.raleigh-nc.org/parks&rec/clshome.htm> for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 831-6640 ext 6844

English as a Second Language Program

Program Supervisor - Monica Hoey

The English as a Second Language Program (ESL) program offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include after-school programs, summer camp experiences,

and English classes. Volunteers are always needed to assist with youth activities and help teach English. Please refer to community center listings for language classes. For information on the ESL program 831-6640 ext 6844

Greenways

890-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 890-3285. Or you can visit us online at http://www.raleigh-nc.org/parks&rec/greenway_map.pdf to view a copy of the greenway map.

Nature Programs

City Naturalist - Tiffany Long

Nature Programs are held at Durant Nature Park, Lake Johnson, Shelley Lake, and at various other parks, greenways and community centers around the city. They are diverse and may include nature topics such as reptiles, plants, night hikes and birding. For information on Nature Programs call (919) 831-6640, ext 6843 or 831-6856

Nature Programs for groups:

Science Afield

Join a naturalist at one of City of Raleigh's beautiful parks for a hands-on science lesson on a variety of science and nature topics. For Grades K-5th. Class fee: \$40 for hour long program, 30 students maximum.

Schoolyard Science

Experience our nature programs without leaving your facility. Students explore science on their school grounds. For grades K-5th. Class fee: \$45 for hour long program (plus additional cost for mileage), 30 students maximum.

Preschool Program

Hands-on nature fun for preschoolers 4-5 years of age. Programs include a story and live animal visitors. Class fee: \$45 for 45 minute program (plus additional cost for mileage), 20 students maximum.

NeighborWoods

Raleigh NeighborWoods is an initiative between the City and the citizens to preserve and enhance our identity as the "City of Oaks." The goal of the Raleigh NeighborWoods program is to plant 2,000 trees annually along neighborhood streets and thoroughfares. The program exceeded this goal in its first year, the 2003-2004 planting season. To support this program, Raleigh is seeking contributions from our citizens and volunteers to help plant and maintain trees. Please mail your contribution to "City of Raleigh NeighborWoods" at PO Box 590, Raleigh, NC 27602. For more information or to volunteer for this program, please contact the City of Raleigh Tree Planting Coordinator, Liz Zimmerman at 872-4115 or email Elizabeth.Zimmerman@ci.raleigh.nc.us

Senior/Adult Programs

Program Supervisors

Steve White and Lisa Wilson

Senior Adult Program serves over 3,000 seniors in the Raleigh area. Activities offered include: sports leagues, such as tennis, golf, bowling and more; over 20 one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 47 different senior adult clubs throughout the city. For information call 831-6851.

For Senior/Adult TRIP information, call 831-6851 to get on the mailing list for the following itineraries. All trips listed below depart from Jaycee Park, 2401 Wade Ave.

Wake Forest, NC

Explore antique shops, delicious lunch in the downtown area and tour the Southeastern Baptist Seminary.

Jan 20 Th

Triangle Sports Tour

Tours of RBC Center, NC State Football Center and the Durham Bulls Athletic Park.

Feb 15 T

Smithfield, NC

The Peking Acrobats, performing at Johnston Community College Auditorium. This group of performers ranging from jugglers, contortionists, gymnasts, cyclists, and tumblers will grace the stage with the most exotic and unbelievable stunts.

Mar 19 Sa

Washington, DC

Visit the new WWII Memorial and other historic sites.

Mar 21-23 M-W

Pinehurst, NC

Experience the beauty and atmosphere

Senior/Adult Trips continued next page —

Program Descriptions

Senior/Adult Trips continued —

of the spring harness races at the Pinehurst
Harness Track.

Apr 3 Su

Chicago, IL

Great theater, delicious food and adventure
in the Windy City!

Apr 26-29

Golden Years Clubs

55 yrs and up. The Golden Years Clubs are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the 45 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For a complete list of clubs, call 831-6851.

Specialized

Recreation Services

Program Supervisor

Jenny Thompson
831-6835

Special Olympics Wake County Coordinator

Brian Philpot
807-8378

Adapted Aquatic Program Specialist

Stephanie Stancil

831-6640 ext 6849

Adult Program Specialist

Carmen Rayfield

831-6640 ext 6845

Youth Program Specialist

Jennifer Tabery

831-6640 ext 6848

Visually Impaired Program Specialist

Christine Cummings

831-6640 ext 6847

Deaf and Hard of Hearing Program Specialist

Bettie Ittenbach

831-6640 ext 6846

The Special Populations program delivers extensive therapeutic recreation, leisure education, sports programs, and day camps to participants of area contract agencies and Wake County residents who require specialized services due to developmental disabilities (mentally handicapped, EMH, TMH, MU, SMH, Autistic, Self Contained and Lower, Developmental, and/or Physically Handicapped). Please be aware that non-resident fees do not apply to our programs at this time.

Return registrations to:

Raleigh Parks and Recreation Department
Specialized Recreation Services
2401 Wade Ave
Raleigh, NC 27607

Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged.

Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

Youth and Adult Programs

Our Youth and Adult Programs offer a variety of recreational programs for those individuals with developmental disabilities (EMD, TMD, SMD, MU or Autistic) and/or physically (mobility) disabilities. Please call our office for more information at 831-6835.

Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program offers social outings and day trips for those with hearing impairments, as well as sign language classes for the general public. To receive the "Handflight" newsletter please call 831-6640 ext 6848 or jenny.thompson@ci.raleigh.nc.us to be put on our mailing list.

Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords & Ladies, enjoy bi-weekly activities. Our choir Seabreeze meets weekly for choir rehearsal and performs for the holidays and in the spring. To receive our bi-monthly newsletter (which is available in large print, braille, and audio) and increase the quality of your leisure time, please call 831-6640 ext 6847.

Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in up to 18 different sports for individuals with developmental disabilities ages 8 and above. Our Play Activities Program is available for ages 5-7 for Bowling, Basketball Skills and Athletics. If you are unsure of eligibility requirements, please call. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport will practice on a weekly basis at different times and locations. Athletes may have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes and

volunteers. Contact Brian Philpot at 807-8378 or Jenny Thompson at 831-6835 for additional information and to get on our mailing list.

Sports currently offered December-April. Please contact us for more information.

Alpine Skiing – Training and competition is held in four divisions from beginner to advanced downhill skiing. "Dry Land" training will be in November with three training/competition ski trips planned on December 11-12, January 9-11, and February 6-9 to Appalachian Ski Mountain in Boone, NC.

Aquatics – SOWC has a competitive swim team called the "Raleigh Racers". Swim Team tryouts for prospective new members are at Pullen Aquatic Center in January. Practices are Saturdays 12-2pm in February at Optimist and then Tuesdays & Thursdays 6-8pm March-May at Pullen. Competitions are April 9 in Raleigh, April 23 in Hillsborough, and June 4-6 in Raleigh.

Athletics – Training and competition is held for all ability levels in track and field events. Training is done primarily through Wake County Public Schools, but we also have a group of "Independent Athletes" that practice at Cardinal Gibbons School on Sunday afternoons starting in late February. Spring Games, our local athletic competition will be on April 27 & 28 in Raleigh.

Cheerleading – Training offered January-May. Please call for additional information.

Basketball – Training and competition is offered for various skill levels in 5-on-5 and 3-on-3 team play. Team practices will be Sunday evenings from December through March. Team competitions are "Series" January 15 in Roxboro, "Regional" February 5 location TBA, and "State Games" March 18-20 in Greenville.

Gymnastics – Training offered January-May. Please call for additional information.

Powerlifting – Training offered February-May. Please call for additional information.

Softball – Training and competition is offered for 10-person team play and individual skills. Tryouts for prospective new players are TBA in March and practices are Sunday late March-May. Times are TBA (evenings). Competitions are April 23 in Chapel Hill and June 3-5 in Raleigh.

Volunteer Opportunities

SOWC is always looking for volunteer coaches. If you have experience in any of the sports above and interest in working with Special Olympics Athletes please contact us. SOWC also provides local competitions where we require the assistance of many volunteers. Volunteer assignments include timers, officials, measurers, heat preparers, score keepers, concessions, starters, etc.

We are hosting the following events this Spring:
– January 31 & February 1 Bowling
Tournaments at Buffalo Lanes South
8:00am-1:00pm. >

Downtown Programming

- February 14 & 15 Bowling Tournaments at Buffalo Lanes North 8:00am-1:00pm.
- Saturday, April 2 is our Multi-State Aquatics Meet 8:00am-3:00pm at Pullen Aquatic Center.
- Spring Games our local track and field competition is April 27 & 28 9:00am-2:00pm at Ravenscroft School.

Teen Programs

Program Supervisors

Dana Youst and Shane Brown

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12 to 18 in the City of Raleigh and Wake County. The purpose of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. The Teen Program encourages youth to take an interest in their personal growth and development, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.

Tennis Program

Program Supervisor - David Bell

The Raleigh Recreation Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4 (hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Pullen Park. Other tennis activities include adult and junior team tennis, USTA adult, combo and senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and a dual sided backboard court. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Lunchtime Basketball

Chavis Community Center

Come and play in this basketball league during your lunch hour! Contact: 831-6989 for more information.

Opening Dates

Pullen Amusements			
March 11	F		10am
Chavis Carousel			
April 30	Sa		11am

Run for the Oaks

Age: 1yrs and up. 5K road race through downtown Raleigh hosted by Raleigh Parks & Recreation Department in conjunction with the NC Roadrunners Club. Prizes awarded to the top three male and female finishers overall as well as the top three male and female finishers in each age group. There is also a children's 1/4 mile fun run. Class Fee: \$0
#33140 Mar 12 Sa 10:00am-12:00pm



Egg Hunt

Age: Up to 10yrs. Come join your local community center for a fun-filled morning. Event starts at 10:30am. This is a free activity and pre-registration is not required. Class Fee: \$0
Biltmore Hills

#32626	Mar 19	Sa	10:30-11:30am
Chavis			
#32612	Mar 19	Sa	10:30-11:30am
Peach Road			
#32628	Mar 19	Sa	10:30-11:30am
Pullen Park			
#32630	Mar 19	Sa	10:30-11:30am
Roberts			
#32631	Mar 19	Sa	10:30-11:30am

Springfest

Location: Chavis Community Center

Age: All Ages. A fun filled day of entertainment, rides, displays, vendors and food for the entire family. Free admission (small fee for activities). The event is held at Chavis Center, 505 MLK Jr. Blvd. Class Fee: \$0
#32533 Apr 2 Sa 1:00-5:00pm

Domino Day

Location: Pullen Park

Age: 14-18 yrs. Project Safe Place and the Raleigh Youth Council will be hosting the 12th Annual Domino Day at Pullen Park. Domino Day offers high school students a drug and alcohol-free event designed to give something back to youth clubs and organizations that have worked hard throughout the year for our community. The highlight of the afternoon will be a domino hunt that challenges youth groups to race to collect as many of the 10,000 hidden dominos as possible. Winning teams can receive prizes and/or cash for their organizations, as well as individual prizes. Refreshments will be provided. Pre-registration is required for clubs wishing to attend this free event. For more information, contact Teen Programs, (919) 831-6688. Class Fee: \$0
#32106 Apr 20 W 3:30-6:00pm

For additional downtown recreation opportunities, please refer to the following locations:

Chavis Community Center

505 MLK Jr. Boulevard
(919) 831-6989

Fletcher Park

820 Clay Street
(919) 831-6430

Pullen Arts Center

105 Pullen Road
(919) 831-6126

Pullen Amusements

520 Ashe Avenue
(919) 831-6468

Pullen Community Center

408 Ashe Avenue
(919) 831-6052

Roberts Park

1300 E. Martin Street
(919) 831-6830

Pullen Aquatics Center

410 Ashe Ave
(919) 831-6197

Mordecai Historical Park

1 Mimosa Street
(919) 834-4844

Raleigh Little Theater

301 Pogue Street
(919) 821-4579

Tucker House

418 N. Person Street
(919) 831-6009

City-Wide Special Events

January

Basketball - Elks Hoop Shoot Qualifying Competitions

Age: 8-13yrs. Come out for our annual free throw shooting competition for boys and girls. The top two finishers in each age group will advance to the City Championship at Carolina Pines Center on January 15.

Class Fee: \$0

Millbrook Exchange Community Center

#30679 Jan 3 M 3:00-5:00pm

Green Road Community Center

#31498 Jan 9 Su 4:00-6:00pm

Jaycee Community Center

#33010 Jan 8 Sa 3:30-4:30pm

Optimist Community Center

#30986 Jan 8 Sa 12:00-1:00pm

Worthdale Community Center

#32800 Jan 8 Sa 1:00-2:00pm

Laurel Hills Community Center

#29886 Jan 8 Sa 1:00-3:00pm

Carolina Pines Community Center

#33579 Jan 8 Sa 5:00-7:00pm

Basketball - Elks Hoop City Championship

Location: Carolina Pines Community Center
Age: 8-9yrs. Qualifiers from local community center competition challenge for city championship titles. Class Fee: \$0

#32399 Jan 15 Sa 5:00-8:00pm

TeenCo Improv Show

Location: Sertoma Arts Center

Age: All Ages. Original improv comedy performances featuring local high school talent. No two shows are ever the same! Tickets available at the door. Class Fee: \$5

#32909 Jan 28-Apr 30 F-Sa 7:00-8:00pm
Jan 29 Sa 3:00-4:00pm



March

Run for the Oaks

Age: 1yrs and up. 5K road race through downtown Raleigh hosted by Raleigh Parks & Recreation Department in conjunction with the NC Roadrunners Club. Prizes awarded to the top three male and female finishers overall as well as the top three male and female finishers in each age group. There is also a children's 1/4 mile fun run. Class Fee: \$0

#33140 Mar 12 Sa 10:00am-12:00pm

Egg Hunt

Age: Up to 10yrs. Come join your local community center for a fun-filled morning. Event starts at 10:30am. This is a free activity and pre-registration is not required. Class Fee: \$0

Method Road

#32610 Mar 19 Sa 10:30-11:30am

Chavis

#32612 Mar 19 Sa 10:30-11:30am

Carolina Pines

#32613 Mar 19 Sa 10:30-11:30am

Halifax

#32615 Mar 19 Sa 10:30-11:30am

Jaycee

#32617 Mar 19 Sa 10:30-11:30am

Lake Lynn

#32618 Mar 19 Sa 10:30-11:30am

Laurel Hills

#32620 Mar 19 Sa 10:30-11:30am

Lions

#32622 Mar 19 Sa 10:30-11:30am

Millbrook Exchange

#32623 Mar 19 Sa 10:30-11:30am

Biltmore Hills

#32626 Mar 19 Sa 10:30-11:30am

Optimist

#32627 Mar 19 Sa 10:30-11:30am

Peach Road

#32628 Mar 19 Sa 10:30-11:30am

Pullen Park

#32630 Mar 19 Sa 10:30-11:30am

Roberts

#32631 Mar 19 Sa 10:30-11:30am

Sertoma Arts

#32632 Mar 19 Sa 10:30-11:30am

Southgate

#32633 Mar 19 Sa 10:30-11:30am

Spring Forest Road Park

#32653 Mar 19 Sa 10:30-11:30am

Tarboro Road

#32654 Mar 19 Sa 10:30-11:30am

Walnut Terrace

#32655 Mar 19 Sa 10:30-11:30am

Worthdale

#32656 Mar 19 Sa 10:30-11:30am

Ralph Campbell

#32657 Mar 19 Sa 10:30-11:30am

April

Springfest

Location: Chavis Community Center

Age: All Ages. A fun filled day of entertainment, rides, displays, vendors and food for the entire family. Free admission (small fee for activities) The event is held at Chavis Center, 505 MLK Jr. Blvd. Class Fee: \$0

#32533 Apr 2 Sa 1:00-5:00pm

Rowing Regatta - Female Varsity Rowing

Location: Lake Wheeler

All ages. On April 9, 2005 The University of North Carolina University Women's Rowing program will host it's only home race of the season at Lake Wheeler in Raleigh. Be there to watch Carolina compete against Southern Methodist, Navy, Eastern Michigan, Delaware, St Josephs and Cincinnati. Check out www.tarheelblue.com for the race schedule and race results. This is a free event to all spectators — no fees involved. Fast food and soft drink concessions will be available at Lake Wheeler's lakeside galley. Class Fee: \$0

#31240 Apr 9 Sa 7:00am-3:00pm

Bass Fishing Tournament

Location: Lake Wheeler

Age: 18yrs and up. Team anglers should begin boat check-in registration at 6am on date of event. A variety of cash prizes, trophies and door prizes will be available. Registration forms will be available on/or about February 15, 2005. A complimentary full course barbecue will also be conducted for the tournament anglers immediately following the weigh-in. Note that all registrations must be conducted at Lake Wheeler due to the requirement for special entry forms (do not use CLASS). Class Fee: \$60

#30784 Apr 10 Su 6:00am-2:00pm

Bark Around the Park

Location: Millbrook Exchange Community Ctr.

An event for all Ages. Come spend some time with your best friend at Millbrook Exchange Park! A fun filled day of activities centered on our canine friends and their owners. Participate in the Dog Show that has an event for every dog or get your frisky pup to show his skills in the Frisbee contest. Prizes will be give for first place in each event. Also there will be demonstrations and information vendors at the event. What to Know About Bringing Your Dog: Have your dog wear current ID and Rabies vaccination tags. Keep your dog on a 6-foot or shorter leash at all times. Please clean up after your dog. For more information call 872-4156 (rain date April 17)

#30681 Apr 16 Sa 11:00am-3:00pm

The true object of all human life is to play. G.K. Chesterton

City-Wide Special Events



Waterfront Concert Series
The Moonlighters Big Band –
Jazz, Showtunes and more

Cardinal Singers Concert

Location: Sertoma Arts Center
#32927 Apr 24 Sa 3:00-4:00pm

N&O In-Water Boat Show

Location: Lake Wheeler
Age: 2yrs and up. The 3rd Annual News and Observer In-Water Boat Show will be conducted at Lake Wheeler on Saturday and Sunday, April 16 & 17, 2005. Featuring a variety of motorized and non-motorized boats both in and out of the water, show visitors may demo boats into Lake Wheeler—along with being able to qualify and purchase models on site. This show will also feature a variety of outdoor equipment displays, entertainment, and food and drink concessions will be available. Front gate entrance fees are \$5/person or \$20/carload (no alcohol allowed). Note: You cannot register in advance. Tickets will only be sold at the front gate on dates of event. Class Fee: \$5
#30785 Apr 16-17 Sa-Su 10:00am-6:00pm

Domino Day

Location: Pullen Park
Age: 14-18yrs. Project Safe Place and the Raleigh Youth Council will be hosting the 12th Annual Domino Day at Pullen Park. Domino Day offers high school students a drug and alcohol-free event designed to give something back to youth clubs and organizations that have worked hard throughout the year for our community. The highlight of the afternoon will be a domino hunt that challenges youth groups to race to collect as many of the 10,000 hidden dominos as possible. Winning teams can receive prizes and/or cash for their organizations, as well as individual prizes. Refreshments will be provided. Pre-registration is required for clubs wishing to attend this free event. For more information, contact Teen Programs, (919)831-6688. Class Fee: \$0
#32106 Apr 20 W 3:30-6:00pm

Waterfront Concert Series

Location: Lake Wheeler & Lake Johnson
Age: 2yrs and up. The 2005 schedule will showcase a variety of jazz, big band, show band, Latin jazz, flamenco guitar jazz, blues/blues rock, acoustic rock, and blue grass music. Ticket prices are \$5 per person. Beer and wine sales will be available via a 3rd Party Vendor—coolers will be checked. Fast-food and soft drink concessions are available for purchase at the concession stand: Chairs will be provided on the open deck area of the Waterfront Program Center (where the bands actually play) — based on a first-come-first served basis. Additional overflow traffic should plan on bringing blankets and/or chairs to be placed on the beach or picnic areas adjacent to the waterfront center. Ticket purchases must be purchased at either Lake Wheeler or Johnson. Contact either Lake Johnson or Lake Wheeler for more information.

Lake Wheeler Band: The Moonlighters Big Band – Jazz, Showtunes and more

Apr 23 Sa 5:00-7:00pm

Canoe and Kayak Bonanza

Location: Lake Wheeler
Age: 6 yrs and up. Conducted by the Great Outdoor Provision Company, one of North Carolina's Premier Outdoor Outfitters. Displaying over 100 canoes, kayaks, and sea kayaks and related outdoor equipment, patrons are invited to come and test the latest models into the waters of Lake Wheeler. Boats and equipment may be purchased on site and fast-food and drink concessions will be available at Lake Wheeler's lakeside galley. Note: do not register online or CLASS as this is a free event, open to the public. Class Fee: \$0
#30807 Apr 30 Sa 10:00am-5:00pm

Kayak/Canoe Race - Neuse River Rally

Location: Anderson Point Park
Age: 12yrs and up. The Neuse River Rally is changing its face for 2005. This year the rally will be much more than a race, with music, food, entertainment, and more to follow at Anderson Point Park on the Neuse River. The citizen-style downriver canoe and kayak race is appropriate for experienced paddlers as well as those with limited river paddling experience. Tandem canoe rentals are available for those who pre-register. There are several race classes such as kayak, solo canoe, and tandem canoe. After race activities will include riverside nature studies, awards ceremony, prize giveaway, and more! Late afternoon and evening heats up with music from blues, bluegrass and acoustic rock bands. For more information and cost, please contact the Adventure Program office, (919)831-6855.

#33008 Apr 23 Sa

TeenCo Improv Show

Location: Sertoma Arts Center
Age: All Ages. Original improv comedy performances featuring local high school talent. No two shows are ever the same! Tickets available at the door. Class Fee: \$5

Apr 29 F 7:00-8:00pm
Apr 30 Sa 3:00-4:00pm



Adventure

Teen

Backpacking - Croatan National Forest

Location: Wade Ave. Administrative Office Bldg.
 Age: 13-17yrs. The Croatan National forest has a wide array of ecosystems in the 161,000 acres. Participants will camp under the pines that are covered in Spanish moss and venture along the boardwalks over miles of salt marshes and creeks. With the array of habitats it is no wonder that Croatan is home to a variety of wildlife: waterfowl, deer, bears, snakes, and alligators. Participants will explore and camp along the Croatan Neusiok Trail. During the trip participants will not only have an opportunity to encounter unique wildlife but they will learn the principles of Leave No Trace Outdoor Ethics. During the program participants will learn the dynamics of an estuary environment and its inhabitants. Equipment, transportation, instruction, and meals, except those on the road, will be provided. Participants should have a moderate fitness level as each day will consist of a 2-3 mile hike. This outing has a mandatory pre-trip meeting to discuss necessary equipment and trip logistics. For more information, contact Adventure programs, 831-6855. Class Fee: \$135
 #33029 Mar 11-13 F-Su

Kayak - Learn to Roll

Location: Optimist Pool
 Age: 13-17yrs. Start developing kayaking skills so you are ready to paddle outdoors when spring arrives. Get out and join us at this three night roll clinic. Students attend all three sessions, which will be held on three consecutive Fridays. The class is a great opportunity for paddlers to take paddling skills to the next level, learning to roll. The progress of the student will determine the next steps the instructor can help the student make. Previous experience in a kayaking course or camp is required, and students must have basic swimming ability and comfort under water. Learning in your personal boat is the best option; however equipment and instruction are provided. For more information, contact Adventure programs, 831-6855. Class Fee: \$50
 #33011 Feb 11-25 F 7:00-8:00pm

Outdoor Culinary Skills

Location: Wade Ave. Administrative Office Bldg.
 Age: 13-17yrs. Learn the art of cooking in the great outdoors in this instructional evening session. Meals can be easy, fast, and fun for all. Course contents include preparation of the cooking area, repackaging foods, cooking tips, food protection and clean-up. From main dishes to dessert this will be one mouth watering event! All materials and food will be provided. Participants

should come prepared to cook, clean and eat. For more information, contact Adventure programs, 831-6855. Class Fee: \$20
 #33051 Apr 15 F 5:30-8:30pm

Ski Trip - Wintergreen, VA

Location: Wade Ave. Administrative Office Bldg.
 Age: 12-17yrs. Start off the new year with a day of fun. Join us for a trip to Wintergreen, VA for a whole day of skiing or snowboarding, whatever you prefer. Never been on the slopes before? Don't worry, you can get a beginner's lesson while you're there. Price of the trip includes the bus ride there and back, lift ticket, ski or snowboard rentals, a lesson (beginner lesson only) and supervision for the day. Offered on Wake County Public School Teacher work days. For more information, contact Adventure programs, 831-6855. Class Fee: skiing \$95, snowboarding \$100
 #31896 Jan 3 M 4:15am-9:15pm
 #31897 Feb 21 M 4:15am-9:15pm

Adult

Canoe Camping

Location: Wade Ave. Administrative Office Bldg.
 Age: 12yrs and up. Come explore the wetland wilderness of the Roanoke River called the Devil's Gut. Participants will canoe through winding creeks and sloughs that twist and turn through tupelo cypress forests, eventually arriving at a camp platform above the water and deep in the wilderness area. While participants will get an introduction to canoe basics and learn the proper technique for packing and loading gear, the true gold of the experience is quietly floating through the placid and peaceful waters experiencing the enormous amount of wildlife that abounds in wetland swamps. Especially important in this environmentally sensitive area will be the practice of Leave No Trace Outdoor Ethics. Learn the fundamentals of canoe camping and experience the solitude on this Eastern North Carolina wetland trip. Equipment, transportation, instruction, and meals, except those on the road, are provided. Students must have basic swimming ability and comfort in water. This program is adult oriented and participants ages 12-17 must be accompanied by an adult participating in the program. This outing has a mandatory pre-trip meeting to discuss necessary equipment and trip logistics. For more information, contact Adventure programs, 831-6855.
 #32105 Apr 9-10 Sa-Su

Kayak Basics

Location: Optimist Pool
 Age: 12yrs and up. This course is offered for those wishing to learn more about the sport of kayaking, especially if the student wants to get started before warmer weather arrives. This 6 hour course provides a comfortable and pleasant pool environment in which to learn. The water is warm and clear and the instructors are calm and friendly. This 2-day

course will help lay a strong foundation of skills so you will be ready for moving water instruction when spring arrives. Participants should have basic swimming ability, but no kayak experience is required. Equipment and instruction are provided. Students must have basic swimming ability and comfort under water. Course is adult oriented but ages 12 and up are welcome. Ages 12-15 must be accompanied by an adult. For more information, contact Adventure programs, 831-6855. Class Fee: \$60

#32017	Jan 22-23	Sa-Su	2:00-5:00pm
#32018	Feb 19-20	Sa-Su	2:00-5:00pm
#32019	Apr 16-17	Sa-Su	2:00-5:00pm

Kayak Event - Rollapoolooza

Location: Optimist Pool
 Age: 12yrs and up. One of the largest events annually by the Adventure Program, Rollapoolooza is a must make outing for local paddlers, and for those wanting to meet and get instruction from some of the best in paddle sports. Historically members of professional paddling teams such as Wavesport, Dagger, Astral Buoyancy, Pyranha, and Liquid Logic (to name a few) have attended this event at Optimist Pool in North Raleigh. Sign up for professional instruction in rolling or one of several play boating moves, or come to socialize and practice individually. Participants ages 12-15 must be accompanied by an adult. Younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the adventure program managers. Equipment rentals and instructional clinics have limited enrollment and availability and are one a first come first serve basis. Prerequisite: Participants must have basic swimming ability and comfort under water. For more information, contact Adventure programs, 831-6855. Class Fee: \$10
 #33442 Jan 8 Sa 6:00-10:00pm

Kayak Roll - Personalized Instruction

Location: Optimist Pool
 Age: 12yrs and up. For the participant wanting to take that next step in the kayaking progression and learn to roll, personalized roll instruction is offered. Call to set up a time to work with professionally certified instructors on roll development. The best estimate is that, on average, it takes about four separate, hour-long, lessons to develop a fledgling pool roll. Roll instruction is designed to provide one step in the learning process. The roll development of the student will determine the next steps the instructor can help to make. Learning in your personal boat is the best option, however equipment can be provided on request. Students must have basic swimming ability and comfort under water. Minimum age for this program is 12 years of age. Participant ages 12-15 must be accompanied by an adult. One-hour personalized roll instruction is scheduled during our regular roll sessions on Friday night. Pre-registration is required. For more

information, contact Adventure programs, 831-6855. Class Fee: \$40 for 1 or 2 people
#32861 Jan 7-Mar 18 F

Kayak Roll Sessions

Location: Optimist Pool

Age: 12yrs and up. Kayak Roll sessions occur every Friday night at Optimist Pool in North Raleigh from November through March. These are for seasoned paddlers, those working on aspects of their roll, or people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the adventure program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. An additional \$2 charge if you need to rent a kayak. For more information, contact Adventure programs, 831-6855. Class Fee: resident \$5 non-resident \$6
#33443 Jan 7-Mar 18 F 6:00-9:00pm

Kayak/Canoe Race - Neuse River Rally

Location: Anderson Point Park

Age: 12yrs and up. The Neuse River Rally is changing its face for 2005. This year the rally will be much more than a race, with music, food, entertainment, and more to follow at Anderson Point Park on the Neuse River. The citizen-style downriver canoe and kayak race is appropriate for experienced paddlers as well as those with limited river paddling experience. Tandem canoe rentals are available for those who pre-register. There are several race classes such as kayak, solo canoe, and tandem canoe. After race activities will include riverside nature studies, awards ceremony, prize giveaway, and more! Late afternoon and evening heats up with music from blues, bluegrass and acoustic rock bands. For more information and cost, please contact the Adventure Program office, (919) 831-6855.
#33008 Apr 23 Sa

Rock Climbing - Intermediate

Location: Wade Ave. Administrative Office Bldg.

Age: 14yrs and up. Belaying is the act of keeping a fellow climber secure with the use of rope and other mechanical friction devices. Increase your knowledge of rock climbing by learning how to belay. An indoor climbing gym is the setting for teaching in this technical belaying and climbing course. This four-hour course will prepare you to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Adventure staff will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. Students will get the opportunity to climb, belay, and back up student belayers. Prerequisites include the Introduction to Rock Climbing Course or equivalent basic climbing knowledge.

Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Minimum age is 14 and ages 14-15 must be accompanied by an adult. For more information, contact Adventure programs, 831-6855. Class Fee: \$30

#32037	Feb 23	W	6:00-10:00pm
#32038	Mar 30	W	6:00-10:00pm
#32096	Apr 13	W	6:00-10:00pm

Rock Climbing - Introduction

Location: Wade Ave. Administrative Office Bldg.

Age: 12yrs and up. Join the adventure staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, Vertical Edge. With over 8500 square feet of wall space and 60 routes available, Vertical Edge provides the perfect learning environment. Designed for beginners, these classes will provide a basic foundation for getting started in climbing. The course will cover such topics as equipment use and care, the climbing rating system, bouldering, knot tying, and climbing techniques. This is an excellent way to be introduced to the sport of climbing. The experienced staff will provide transportation, all necessary equipment, climbing instruction, and belaying. The minimum age for this course is 12 years of age. Ages 12-15 must be accompanied by an adult. For more information, contact Adventure programs, 831-6855. Class Fee: \$30

#32011	Jan 19	W	6:00-10:00pm
#32012	Feb 16	W	6:00-10:00pm
#32013	Mar 15	T	6:00-10:00pm

Rock Climbing - Pilot Mountain

Location: Wade Ave. Administrative Office Bldg.

Age: 12yrs and up. Native Americans called it Jomeokee, meaning 'Great Guide' or 'Pilot.' Join the rock climbing staff for an alpine start (early!) on Saturday for the opportunity to scale some of the legendary crags of Pilot Mountain State Park. 'Pilot' is a unique North Carolina peak popular with climbers all over the Southeast. This trip will provide the beginner with all the basic knowledge of climbing techniques necessary for successful climbing. Experienced staff will set up climbs that are suited for a beginning group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. The physical nature of this course requires that participants have a moderate level of physical fitness and a comfort with heights up to fifty feet. The minimum age for this course is 12, ages 12-15 must be accompanied by an adult participating in the program. For more information, contact Adventure programs, 831-6855. Class Fee: \$75

#32102	Apr 2	Sa	6:00am-9:00pm
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Wilderness First Aid

Location: Durant Nature Park

Age: 18yrs and up. Join us for an intensive backcountry medical training course. This 16-hour, hands-on Wilderness First Aid course will show students how to deal with many medical emergencies when miles

from help and dialing 911 is not an option. Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. For two decades, Wilderness Medical Associates (WMA) has conducted training programs for outdoor leaders, hikers, climbers, paddlers and others who are serious about being prepared for backcountry emergencies. Join the Adventure Program and WMA for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. Available for ages 18 and older. For more information, contact Adventure programs, 831-6855. Class Fee: \$195

#32024	Feb 12-13	Sa-Su	8:00am-6:00pm
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Aquatics

Preschool

Parent & Child Swim Lesson Level A

Age: 6mths-2yrs. For children who have little or no previous water experiences. The purpose of this course is to help develop swimming readiness. Parents and their children will be led in water exploration activities with the objective of having fun and becoming comfortable with the water. Children with two or more previous sessions in the water who submerge only reluctantly (or not at all) or require flotation support at all times should enroll in Parent & Child Level B. No class week of Mar 21-26. Class Fee: \$45 weekday, \$35 weekend

Pullen Aquatic Center

#30735	Jan 4-27	T,Th	10:40-11:10am
#30737	Jan 4-27	T,Th	6:00-6:30pm
#30887	Feb 28-Mar 30	M,W	10:40-11:10am
#30889	Feb 28-Mar 30	M,W	5:45-6:15pm
#30890	Mar 1-31	T,Th	11:20-11:50am
#30891	Mar 1-31	T,Th	5:45-6:15pm
#30892	Apr 4-27	M,W	11:20-11:50am
#30893	Apr 4-27	M,W	5:45-6:15pm
#30894	Apr 5-28	T,Th	10:40-11:10am
#30895	Apr 5-28	T,Th	5:45-6:15pm

Optimist Pool

#31138	Jan 3-26	M,W	10:30-11:00am
#31139	Jan 3-26	M,W	11:10-11:40am
#31140	Jan 3-26	M,W	4:00-4:30pm
#31141	Jan 3-26	M,W	4:40-5:10pm
#31142	Jan 3-26	M,W	5:20-5:50pm
#31143	Jan 8-29	Sa	10:00-10:45am
#31144	Jan 8-29	Sa	11:00-11:45am
#31145	Jan 31-Feb 23	M,W	10:30-11:00am
#31146	Jan 31-Feb 23	M,W	11:10-11:40am
#31147	Jan 31-Feb 23	M,W	4:00-4:30pm
#31148	Jan 31-Feb 23	M,W	4:40-5:10pm
#31149	Jan 31-Feb 23	M,W	5:20-5:50pm
#31150	Feb 5-26	Sa	10:00-10:45am
#31151	Feb 5-26	Sa	11:00-11:45am
#31152	Feb 28-Mar 30	M,W	10:30-11:00am
#31153	Feb 28-Mar 30	M,W	11:10-11:40am
#31154	Feb 28-Mar 30	M,W	4:00-4:30pm
#31155	Feb 28-Mar 30	M,W	4:40-5:10pm
#31156	Feb 28-Mar 30	M,W	5:20-5:50pm
#31157	Mar 1-31	T,Th	10:30-11:00am

Swim Lesson Level A continued next page —

Optimist Pool Swim Lesson Level A continued —

#31158	Mar 1-31	T,Th	11:10-11:40am
#31159	Mar 1-31	T,Th	4:00-4:30pm
#31160	Mar 1-31	T,Th	4:40-5:10pm
#31161	Mar 1-31	T,Th	5:20-5:50pm
#31162	Mar 5-Apr 2	Sa	10:00-10:45am
#31163	Mar 5-Apr 2	Sa	11:00-11:45am
#31164	Apr 4-27	M,W	10:30-11:00am
#31165	Apr 4-27	M,W	11:10-11:40am
#31166	Apr 4-27	M,W	4:00-4:30pm
#31167	Apr 4-27	M,W	4:40-5:10pm
#31168	Apr 4-27	M,W	5:20-5:50pm
#31169	Apr 5-28	T,Th	10:30-11:00am
#31170	Apr 5-28	T,Th	11:10-11:40am
#31171	Apr 5-28	T,Th	4:00-4:30pm
#31172	Apr 5-28	T,Th	4:40-5:10pm
#31173	Apr 5-28	T,Th	5:20-5:50pm
#31174	Apr 9-30	Sa	10:00-10:45am
#31175	Apr 9-30	Sa	11:00-11:45am

Parent & Child Swim Lesson Level B

Age: 18mths-5yrs. For children who have little or no previous water experiences. Purpose of this course is to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. Children ready to learn without a parent or caregiver should enroll in an appropriate Learn-to-Swim Level. No class week of Mar 21-26. Class Fee: \$45 weekday, \$35 weekend

Pullen Aquatic Center

#30738	Jan 4-27	T,Th	11:20-11:50am
#30739	Jan 4-27	T,Th	6:00-6:30pm
#30896	Feb 28-Mar 30	M,W	11:20-11:50am
#30897	Feb 28-Mar 30	M,W	5:45-6:15pm
#30898	Mar 1-31	T,Th	10:40-11:10am
#30899	Mar 1-31	T,Th	5:45-6:15pm
#30900	Apr 4-27	M,W	10:40-11:10am
#30901	Apr 4-27	M,W	5:45-6:15pm
#30902	Apr 5-28	T,Th	11:20-11:50am
#30903	Apr 5-28	T,Th	5:45-6:15pm

Optimist Pool

#31176	Jan 3-26	M,W	10:30-11:00am
#31177	Jan 3-26	M,W	11:10-11:40am
#31178	Jan 3-26	M,W	4:00-4:30pm
#31179	Jan 3-26	M,W	4:40-5:10pm
#31180	Jan 3-26	M,W	5:20-5:50pm
#31181	Jan 8-29	Sa	10:00-10:45am
#31182	Jan 8-29	Sa	11:00-11:45am
#31183	Jan 8-29	Sa	12:00-12:45pm
#31184	Jan 31-Feb 23	M,W	10:30-11:00am
#31185	Jan 31-Feb 23	M,W	11:10-11:40am
#31186	Jan 31-Feb 23	M,W	4:00-4:30pm
#31187	Jan 31-Feb 23	M,W	4:40-5:10pm
#31188	Jan 31-Feb 23	M,W	5:20-5:50pm
#31191	Feb 5-26	Sa	10:00-10:45am
#31192	Feb 5-26	Sa	11:00-11:45am
#31193	Feb 5-26	Sa	12:00-12:45pm
#31194	Feb 28-Mar 30	M,W	10:30-11:00am
#31195	Feb 28-Mar 30	M,W	11:10-11:40am
#31196	Feb 28-Mar 30	M,W	4:00-4:30pm
#31197	Feb 28-Mar 30	M,W	4:40-5:10pm
#31198	Feb 28-Mar 30	M,W	5:20-5:50pm
#31199	Mar 1-31	T,Th	10:30-11:00am
#31200	Mar 1-31	T,Th	11:10-11:40am
#31201	Mar 1-31	T,Th	4:00-4:30pm
#31202	Mar 1-31	T,Th	4:40-5:10pm
#31203	Mar 1-31	T,Th	5:20-5:50pm
#31204	Mar 5-Apr 2	Sa	10:00-10:45am
#31205	Mar 5-Apr 2	Sa	11:00-11:45am
#31206	Mar 5-Apr 2	Sa	12:00-12:45pm
#31207	Apr 4-27	M,W	10:30-11:00am

#31208	Apr 4-27	M,W	11:10-11:40am
#31209	Apr 4-27	M,W	4:00-4:30pm
#31210	Apr 4-27	M,W	4:40-5:10pm
#31211	Apr 4-27	M,W	5:20-5:50pm
#31212	Apr 5-28	T,Th	10:30-11:00am
#31213	Apr 5-28	T,Th	11:10-11:40am
#31214	Apr 5-28	T,Th	4:00-4:30pm
#31215	Apr 5-28	T,Th	4:40-5:10pm
#31216	Apr 5-28	T,Th	5:20-5:50pm
#31217	Apr 9-30	Sa	10:00-10:45am
#31218	Apr 9-30	Sa	11:00-11:45am
#31219	Apr 9-30	Sa	12:00-12:45pm

Youth

Spring Break Swim Camp

Location: Optimist Pool

Age: 6yrs and up. This camp will be a week of water sports and safety for kids who love the water. In order to focus on skill development, prior to camp each child should be able to swim a distance of 50 yards and be comfortable swimming at least two different strokes. The morning sessions will focus on water safety topics and the afternoon sessions will emphasize stroke improvement. Each day will introduce one of these water sports: water polo, underwater hockey, boating, water volleyball, and competitive swimming. Each child must bring his/her own lunch. Class Fee: \$90

#32958	Mar 21-25	M-F	8:00am-5:00pm
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Swim Lesson – Level 1 Intro Water Skills

Age: 3yrs and up. Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 1 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress. No class week of Mar 21-26. Class Fee: \$40 weekday, \$35 weekend

Pullen Aquatic Center

#30740	Jan 4-27	T,Th	10:00-10:30am
#30741	Jan 4-27	T,Th	10:40-11:10am
#30742	Jan 4-27	T,Th	11:20-11:50am
#30743	Jan 4-27	T,Th	6:00-6:30pm
#30744	Jan 4-27	T,Th	6:40-7:10pm
#30904	Feb 28-Mar 30	M,W	10:00-10:30am
#30905	Feb 28-Mar 30	M,W	10:40-11:10am
#30906	Feb 28-Mar 30	M,W	11:20-11:50am
#30907	Feb 28-Mar 30	M,W	5:45-6:15pm
#30908	Feb 28-Mar 30	M,W	6:25-6:55pm
#30909	Mar 1-31	T,Th	10:00-10:30am

#30910	Mar 1-31	T,Th	10:40-11:10am
#30911	Mar 1-31	T,Th	11:20-11:50am
#30912	Mar 1-31	T,Th	5:45-6:15pm
#30913	Mar 1-31	T,Th	6:25-6:55pm
#30914	Apr 4-27	M,W	10:00-10:30am
#30915	Apr 4-27	M,W	10:40-11:10am
#30916	Apr 4-27	M,W	11:20-11:50am
#30917	Apr 4-27	M,W	5:45-6:15pm
#30918	Apr 4-27	M,W	6:25-6:55pm
#30919	Apr 5-28	T,Th	10:00-10:30am
#30920	Apr 5-28	T,Th	10:40-11:10am
#30921	Apr 5-28	T,Th	11:20-11:50am
#30922	Apr 5-28	T,Th	5:45-6:15pm
#30923	Apr 5-28	T,Th	6:25-6:55pm

Optimist Pool

#31220	Jan 3-26	M,W	10:30-11:00am
#31221	Jan 3-26	M,W	11:10-11:40am
#31222	Jan 3-26	M,W	4:00-4:30pm
#31223	Jan 3-26	M,W	4:40-5:10pm
#31224	Jan 3-26	M,W	5:20-5:50pm
#31225	Jan 3-26	M,W	6:00-6:30pm
#31226	Jan 3-26	M,W	6:40-7:10pm
#31227	Jan 8-29	Sa	10:00-10:45am
#31228	Jan 8-29	Sa	11:00-11:45am
#31229	Jan 8-29	Sa	12:00-12:45pm
#31230	Jan 31-Feb 23	M,W	10:30-11:00am
#31231	Jan 31-Feb 23	M,W	11:10-11:40am
#31232	Jan 31-Feb 23	M,W	4:00-4:30pm
#31233	Jan 31-Feb 23	M,W	4:40-5:10pm
#31234	Jan 31-Feb 23	M,W	5:20-5:50pm
#31235	Jan 31-Feb 23	M,W	6:00-6:30pm
#31236	Jan 31-Feb 23	M,W	6:40-7:10pm
#31237	Feb 5-26	Sa	10:00-10:45am
#31238	Feb 5-26	Sa	11:00-11:45am
#31239	Feb 5-26	Sa	12:00-12:45pm
#31241	Feb 28-Mar 30	M,W	10:30-11:00am
#31242	Feb 28-Mar 30	M,W	11:10-11:40am
#31243	Feb 28-Mar 30	M,W	4:00-4:30pm
#31244	Feb 28-Mar 30	M,W	4:40-5:10pm
#31245	Feb 28-Mar 30	M,W	5:20-5:50pm
#31246	Feb 28-Mar 30	M,W	6:00-6:30pm
#31247	Feb 28-Mar 30	M,W	6:40-7:10pm
#31248	Mar 1-31	T,Th	10:30-11:00am
#31249	Mar 1-31	T,Th	11:10-11:40am
#31250	Mar 1-31	T,Th	4:00-4:30pm
#31251	Mar 1-31	T,Th	4:40-5:10pm
#31252	Mar 1-31	T,Th	5:20-5:50pm
#31253	Mar 1-31	T,Th	6:00-6:30pm
#31254	Mar 1-31	T,Th	6:40-7:10pm
#31255	Mar 5-Apr 2	Sa	10:00-10:45am
#31256	Mar 5-Apr 2	Sa	11:00-11:45am
#31257	Mar 5-Apr 2	Sa	12:00-12:45pm
#31258	Apr 4-27	M,W	10:30-11:00am
#31259	Apr 4-27	M,W	11:10-11:40am
#31260	Apr 4-27	M,W	4:00-4:30pm
#31261	Apr 4-27	M,W	4:40-5:10pm
#31262	Apr 4-27	M,W	5:20-5:50pm
#31263	Apr 4-27	M,W	6:00-6:30pm
#31264	Apr 4-27	M,W	6:40-7:10pm
#31265	Apr 5-28	T,Th	10:30-11:00am
#31266	Apr 5-28	T,Th	11:10-11:40am
#31267	Apr 5-28	T,Th	4:00-4:30pm
#31268	Apr 5-28	T,Th	4:40-5:10pm
#31269	Apr 5-28	T,Th	5:20-5:50pm
#31270	Apr 5-28	T,Th	6:00-6:30pm
#31271	Apr 5-28	T,Th	6:40-7:10pm
#31272	Apr 9-30	Sa	10:00-10:45am
#31273	Apr 9-30	Sa	11:00-11:45am
#31274	Apr 9-30	Sa	12:00-12:45pm

Swim Lesson – Level 2 Fundamental Skills

Age: 3yrs and up. Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

Wisdom is to the mind what health is to the body.

Francois De La Rochefoucauld

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 2 participants receive a Raffy Learns to Swim full-color booklet that reinforces learning and provides parents with additional information about their child's progress. No class week of Mar 21-26. Class Fee: \$40 weekday, \$35 weekend

Pullen Aquatic Center

#30745	Jan 4-27	T,Th	10:00-10:30am
#30746	Jan 4-27	T,Th	6:00-6:30pm
#30747	Jan 4-27	T,Th	6:40-7:10pm
#30924	Feb 28-Mar 30	M,W	10:00-10:30am
#30925	Feb 28-Mar 30	M,W	10:40-11:10am
#30926	Feb 28-Mar 30	M,W	5:45-6:15pm
#30927	Feb 28-Mar 30	M,W	6:25-6:55pm
#30928	Mar 1-31	T,Th	10:00-10:30am
#30929	Mar 1-31	T,Th	10:40-11:10am
#30930	Mar 1-31	T,Th	5:45-6:15pm
#30931	Mar 1-31	T,Th	6:25-6:55pm
#30932	Apr 4-27	M,W	10:00-10:30am
#30933	Apr 4-27	M,W	10:40-11:10am
#30934	Apr 4-27	M,W	5:45-6:15pm
#30935	Apr 4-27	M,W	6:25-6:55pm
#32247	Apr 5-28	T,Th	10:00-10:30am
#32248	Apr 5-28	T,Th	10:40-11:10am
#32250	Apr 5-28	T,Th	5:45-6:15pm
#32251	Apr 5-28	T,Th	6:25-6:55pm

Optimist Pool

#31275	Jan 3-26	M,W	10:30-11:00am
#31276	Jan 3-26	M,W	11:10-11:40am
#31277	Jan 3-26	M,W	4:00-4:30pm
#31278	Jan 3-26	M,W	4:40-5:10pm
#31279	Jan 3-26	M,W	5:20-5:50pm
#31280	Jan 3-26	M,W	6:00-6:30pm
#31281	Jan 3-26	M,W	6:40-7:10pm
#31282	Jan 8-29	Sa	10:00-10:45am
#31283	Jan 8-29	Sa	11:00-11:45am
#31284	Jan 8-29	Sa	12:00-12:45pm
#31285	Jan 31-Feb 23	M,W	10:30-11:00am
#31286	Jan 31-Feb 23	M,W	11:10-11:40am
#31287	Jan 31-Feb 23	M,W	4:00-4:30pm
#31288	Jan 31-Feb 23	M,W	4:40-5:10pm
#31289	Jan 31-Feb 23	M,W	5:20-5:50pm
#31290	Jan 31-Feb 23	M,W	6:00-6:30pm
#31291	Jan 31-Feb 23	M,W	6:40-7:10pm
#31292	Feb 5-26	Sa	10:00-10:45am
#31293	Feb 5-26	Sa	11:00-11:45am
#31294	Feb 5-26	Sa	12:00-12:45pm
#31295	Feb 28-Mar 30	M,W	10:30-11:00am

#31296	Feb 28-Mar 30	M,W	11:10-11:40am
#31299	Feb 28-Mar 30	M,W	4:00-4:30pm
#31300	Feb 28-Mar 30	M,W	4:40-5:10pm
#31301	Feb 28-Mar 30	M,W	5:20-5:50pm
#31302	Feb 28-Mar 30	M,W	6:00-6:30pm
#31303	Feb 28-Mar 30	M,W	6:40-7:10pm
#31304	Mar 1-31	T,Th	10:30-11:00am
#31305	Mar 1-31	T,Th	11:10-11:40am
#31306	Mar 1-31	T,Th	4:00-4:30pm
#31307	Mar 1-31	T,Th	4:40-5:10pm
#31308	Mar 1-31	T,Th	5:20-5:50pm
#31309	Mar 1-31	T,Th	6:00-6:30pm
#31310	Mar 1-31	T,Th	6:40-7:10pm
#31312	Mar 5-Apr 2	Sa	10:00-10:45am
#31313	Mar 5-Apr 2	Sa	11:00-11:45am
#31314	Mar 5-Apr 2	Sa	12:00-12:45pm
#31315	Apr 4-27	M,W	10:30-11:00am
#31316	Apr 4-27	M,W	11:10-11:40am
#31317	Apr 4-27	M,W	4:00-4:30pm
#31319	Apr 4-27	M,W	4:40-5:10pm
#31320	Apr 4-27	M,W	5:20-5:50pm
#31321	Apr 6-May 2	W,M	6:00-6:30pm
#31322	Apr 4-27	M,W	6:40-7:10pm
#31323	Apr 5-28	T,Th	10:30-11:00am
#31324	Apr 5-28	T,Th	11:10-11:40am
#31325	Apr 5-28	T,Th	4:00-4:30pm
#31326	Apr 5-28	T,Th	4:40-5:10pm
#31327	Apr 5-28	T,Th	5:20-5:50pm
#31328	Apr 5-28	T,Th	6:00-6:30pm
#31329	Apr 5-28	T,Th	6:40-7:10pm
#31330	Apr 9-30	Sa	10:00-10:45am
#31331	Apr 9-30	Sa	11:00-11:45am
#31332	Apr 9-30	Sa	12:00-12:45pm

Swim Lesson – Level 3 Stroke Development

Age: 3yrs and up. Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly-kick and body motion
- Perform the HELP and Huddle position

Level 3 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. No class week of Mar 21-26. Class Fee: \$40 weekday, \$35 weekend

Pullen Aquatic Center

#30748	Jan 4-27	T,Th	6:40-7:10pm
#30769	Jan 4-27	T,Th	7:20-7:50pm
#30936	Feb 28-Mar 30	M,W	6:25-6:55pm
#30937	Feb 28-Mar 30	M,W	7:05-7:35pm
#30938	Mar 1-31	T,Th	6:25-6:55pm

#30939	Mar 1-31	T,Th	7:05-7:35pm
#30940	Apr 4-27	M,W	6:25-6:55pm
#30941	Apr 4-27	M,W	7:05-7:35pm
#30942	Apr 5-28	T,Th	6:25-6:55pm
#30943	Apr 5-28	T,Th	7:05-7:35pm

Optimist Pool

#31333	Jan 3-26	M,W	10:30-11:00am
#31334	Jan 3-26	M,W	11:10-11:40am
#31335	Jan 3-26	M,W	4:00-4:30pm
#31336	Jan 3-26	M,W	4:40-5:10pm
#31337	Jan 3-26	M,W	5:20-5:50pm
#31338	Jan 3-26	M,W	6:00-6:30pm
#31339	Jan 3-26	M,W	6:40-7:10pm
#31341	Jan 8-29	Sa	10:00-10:45am
#31342	Jan 8-29	Sa	11:00-11:45am
#31343	Jan 8-29	Sa	12:00-12:45pm
#31407	Jan 31-Feb 23	M,W	10:30-11:00am
#31408	Jan 31-Feb 23	M,W	11:10-11:40am
#31409	Jan 31-Feb 23	M,W	4:00-4:30pm
#31410	Jan 31-Feb 23	M,W	4:40-5:10pm
#31418	Jan 31-Feb 23	M,W	5:20-5:50pm
#31419	Jan 31-Feb 23	M,W	6:00-6:30pm
#31420	Jan 31-Feb 23	M,W	6:40-7:10pm
#31421	Feb 5-26	Sa	10:00-10:45am
#31422	Feb 5-26	Sa	11:00-11:45am
#31423	Feb 5-26	Sa	12:00-12:45pm
#31433	Feb 28-Mar 30	M,W	10:30-11:00am
#31436	Feb 28-Mar 30	M,W	11:10-11:40am
#31442	Feb 28-Mar 30	M,W	4:00-4:30pm
#31444	Feb 28-Mar 30	M,W	4:40-5:10pm
#31447	Feb 28-Mar 30	M,W	5:20-5:50pm
#31453	Feb 28-Mar 30	M,W	6:00-6:30pm
#31454	Feb 28-Mar 30	M,W	6:40-7:10pm
#31471	Mar 1-31	T,Th	10:30-11:00am
#31476	Mar 1-31	T,Th	11:10-11:40am
#31477	Mar 1-31	T,Th	4:00-4:30pm
#31478	Mar 1-31	T,Th	4:40-5:10pm
#31479	Mar 1-31	T,Th	5:20-5:50pm
#31481	Mar 1-31	T,Th	6:00-6:30pm
#31485	Mar 1-31	T,Th	6:40-7:10pm
#31491	Mar 5-Apr 2	Sa	10:00-10:45am
#31493	Mar 5-Apr 2	Sa	11:00-11:45am
#31495	Mar 5-Apr 2	Sa	12:00-12:45pm
#31496	Apr 4-27	M,W	10:30-11:00am
#31497	Apr 4-27	M,W	11:10-11:40am
#31501	Apr 4-27	M,W	4:00-4:30pm
#31502	Apr 4-27	M,W	4:40-5:10pm
#31503	Apr 4-27	M,W	5:20-5:50pm
#31504	Apr 4-27	M,W	6:00-6:30pm
#31505	Apr 4-27	M,W	6:40-7:10pm
#31507	Apr 5-28	T,Th	10:30-11:00am
#31508	Apr 5-28	T,Th	11:10-11:40am
#31570	Apr 5-28	T,Th	4:00-4:30pm
#31571	Apr 5-28	T,Th	4:40-5:10pm
#31572	Apr 5-28	T,Th	5:20-5:50pm
#31573	Apr 5-28	T,Th	6:00-6:30pm
#31574	Apr 5-28	T,Th	6:40-7:10pm
#31575	Apr 9-30	Sa	10:00-10:45am
#31576	Apr 9-30	Sa	11:00-11:45am
#31577	Apr 9-30	Sa	12:00-12:45pm

Swim Lesson – Level 4 Stroke Improvement

Age: 3yrs and up. Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

- Perform a dive from a standing or stride position

Level 4 Stroke Improvement continued next page —

Level 4 Stroke Improvement continued —

- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following: Front and back crawl, Breaststroke, Butterfly, Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 4 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. No class week of Mar 21-26.

Class Fee: \$40 weekday, \$35 weekend

Pullen Aquatic Center

#30770	Jan 4-27	T,Th	6:40-7:10pm
#30771	Jan 4-27	T,Th	7:20-7:50pm
#30944	Feb 28-Mar 30	M,W	6:25-6:55pm
#30945	Feb 28-Mar 30	M,W	7:05-7:35pm
#30946	Mar 1-31	T,Th	6:25-6:55pm
#30947	Mar 1-31	T,Th	7:05-7:35pm
#30948	Apr 4-27	M,W	6:25-6:55pm
#30949	Apr 4-27	M,W	7:05-7:35pm
#30950	Apr 5-28	T,Th	6:25-6:55pm
#30951	Apr 5-28	T,Th	7:05-7:35pm

Optimist Pool

#31578	Jan 3-26	M,W	4:00-4:30pm
#31579	Jan 3-26	M,W	4:40-5:10pm
#31580	Jan 3-26	M,W	5:20-5:50pm
#31581	Jan 3-26	M,W	6:00-6:30pm
#31582	Jan 3-26	M,W	6:40-7:10pm
#31583	Jan 8-29	Sa	10:00-10:45am
#31584	Jan 8-29	Sa	11:00-11:45am
#31585	Jan 8-29	Sa	12:00-12:45pm
#31586	Jan 31-Feb 23	M,W	4:00-4:30pm
#31587	Jan 31-Feb 23	M,W	4:40-5:10pm
#31588	Jan 31-Feb 23	M,W	5:20-5:50pm
#31589	Jan 31-Feb 23	M,W	6:00-6:30pm
#31590	Jan 31-Feb 23	M,W	6:40-7:10pm
#31591	Feb 5-26	Sa	10:00-10:45am
#31592	Feb 5-26	Sa	11:00-11:45am
#31593	Feb 5-26	Sa	12:00-12:45pm
#31594	Feb 28-Mar 30	M,W	4:00-4:30pm
#31595	Feb 28-Mar 30	M,W	4:40-5:10pm
#31596	Feb 28-Mar 30	M,W	5:20-5:50pm
#31597	Feb 28-Mar 30	M,W	6:00-6:30pm
#31598	Feb 28-Mar 30	M,W	6:40-7:10pm
#31599	Mar 1-31	T,Th	4:00-4:30pm
#31600	Mar 1-31	T,Th	4:40-5:10pm
#31601	Mar 1-31	T,Th	5:20-5:50pm
#31602	Mar 1-31	T,Th	6:00-6:30pm
#31603	Mar 1-31	T,Th	6:40-7:10pm
#31604	Mar 5-Apr 2	Sa	10:00-10:45am
#31605	Mar 5-Apr 2	Sa	11:00-11:45am
#31606	Mar 5-Apr 2	Sa	12:00-12:45pm
#31607	Apr 4-27	M,W	4:00-4:30pm
#31608	Apr 4-27	M,W	4:40-5:10pm
#31609	Apr 4-27	M,W	5:20-5:50pm
#31610	Apr 4-27	M,W	6:00-6:30pm
#31611	Apr 4-27	M,W	6:40-7:10pm
#31613	Apr 5-28	T,Th	4:00-4:30pm
#31614	Apr 5-28	T,Th	4:40-5:10pm
#31615	Apr 5-28	T,Th	5:20-5:50pm
#31616	Apr 5-28	T,Th	6:00-6:30pm
#31617	Apr 5-28	T,Th	6:40-7:10pm
#31618	Apr 9-30	Sa	10:00-10:45am
#31619	Apr 9-30	Sa	11:00-11:45am
#31620	Apr 9-30	Sa	12:00-12:45pm

Swim Lesson – Level 5 Stroke Refinement

Age: 3yrs and up. Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn top reform the following:

- Standing dive
- Shallow dive, glide two body lengths and begin any front stroke
- Tuck and Pike surface dive
- Front flip turn and Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke
- Tread water with two different kicks
- Learn survival swimming

No class week of Mar 21-26. Class Fee:

\$40 weekday, \$35 weekend

Pullen Aquatic Center

#30772	Jan 4-27	T,Th	7:20-7:50pm
#30952	Feb 28-Mar 30	M,W	7:05-7:35pm
#30953	Mar 1-31	T,Th	7:05-7:35pm
#30954	Apr 4-27	M,W	7:05-7:35pm
#30955	Apr 5-28	T,Th	7:05-7:35pm
#31621	Jan 3-26	M,W	6:00-6:30pm
#31622	Jan 3-26	M,W	6:40-7:10pm
#31623	Jan 8-29	Sa	12:00-12:45pm
#31628	Jan 31-Feb 23	M,W	6:00-6:30pm
#31629	Jan 31-Feb 23	M,W	6:40-7:10pm
#31630	Feb 5-26	Sa	12:00-12:45pm

Optimist Pool

#31631	Feb 28-Mar 30	M,W	6:00-6:30pm
#31632	Feb 28-Mar 30	M,W	6:40-7:10pm
#31633	Mar 1-31	T,Th	6:00-6:30pm
#31634	Mar 1-31	T,Th	6:40-7:10pm
#31635	Mar 5-Apr 2	Sa	12:00-12:45pm
#31636	Apr 4-27	M,W	6:00-6:30pm
#31637	Apr 4-27	M,W	6:40-7:10pm
#31638	Apr 5-28	T,Th	6:00-6:30pm
#31639	Apr 5-28	T,Th	6:40-7:10pm
#31640	Apr 9-30	Sa	12:00-12:45pm

Swim Team – Intra-City Swim Association

Age: 3-18 yrs. The goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. No practice week of Mar 21-26.

Class Fee: \$50

Pullen Aquatic Center

#31681	Mar 1-Apr 28	T,Th	5:00-6:00pm
#31687	Mar 1-Apr 28	T,Th	6:00-7:00pm
#31689	Mar 1-Apr 28	T,Th	7:00-8:00pm

Optimist Pool

#31710	Feb 28-Apr 27	M,W	6:00-7:00pm
#31711	Feb 28-Apr 27	M,W	7:00-8:00pm

Adult

Adult Beginner Swim Class

Age: 13yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. No class week of Mar 21-26. Class

Fee: \$45

Pullen Aquatic Center

#30773	Jan 4-27	T,Th	6:00-6:30pm
#30774	Jan 4-27	T,Th	7:20-7:50pm
#31691	Feb 28-Mar 30	M,W	5:45-6:15pm
#31692	Feb 28-Mar 30	M,W	7:05-7:35pm

#31693	Mar 1-31	T,Th	5:45-6:15pm
#31694	Mar 1-31	T,Th	7:05-7:35pm
#31695	Apr 4-27	M,W	5:45-6:15pm
#31696	Apr 4-27	M,W	7:05-7:35pm
#31697	Apr 5-28	T,Th	5:45-6:15pm
#31698	Apr 5-28	T,Th	7:05-7:35pm

Optimist Pool

#31641	Jan 3-26	M,W	6:00-6:30pm
#31642	Jan 31-Feb 23	M,W	6:00-6:30pm
#31643	Feb 28-Mar 30	M,W	6:00-6:30pm
#31644	Mar 1-31	T,Th	6:00-6:30pm
#31645	Apr 4-27	M,W	6:00-6:30pm
#31646	Apr 5-28	T,Th	6:00-6:30pm

Adult Intermediate Swim Class

Age: 13yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. No class week of Mar 21-26.

Class Fee: \$45

Pullen Aquatic Center

#30775	Jan 4-27	T,Th	6:40-7:10pm
#30776	Jan 4-27	T,Th	7:20-7:50pm
#31699	Feb 28-Mar 30	M,W	6:25-6:55pm
#31700	Feb 28-Mar 30	M,W	7:05-7:35pm
#31701	Mar 1-31	T,Th	6:25-6:55pm
#31702	Mar 1-31	T,Th	7:05-7:35pm
#31703	Apr 4-27	M,W	6:25-6:55pm
#31704	Apr 4-27	M,W	7:05-7:35pm
#31705	Apr 5-28	T,Th	6:25-6:55pm
#31706	Apr 5-28	T,Th	7:05-7:35pm

Optimist Pool

#31647	Jan 3-26	M,W	6:40-7:10pm
#31648	Jan 31-Feb 23	M,W	6:40-7:10pm
#31649	Feb 28-Mar 30	M,W	6:40-7:10pm
#31650	Mar 1-31	T,Th	6:40-7:10pm
#31651	Apr 4-27	M,W	6:40-7:10pm
#31652	Apr 5-28	T,Th	6:40-7:10pm

Lifeguard Readiness – Level 6

Location: Optimist Pool

Age: 13yrs and up. The purpose of this course is to prepare the student for taking Lifeguard Training. Students will practice freestyle and breaststroke and other lifeguarding skills. Class Fee: \$45

#31662	Feb 12	Sa	1:00-4:00pm
#31663	Mar 19	Sa	1:00-4:00pm
#31664	Apr 16	Sa	1:00-4:00pm

Lifeguard Training Amer Red Cross

Age: 15yrs and up. This American Red Cross program qualifies participants as non-surf lifeguards. Course includes CPR for the Professional Rescuer and First Aid. No class week of Mar 21-26. Class Fee: \$155

Pullen Aquatic Center

#31005	Jan 3-26	M,W	5:00-9:00pm
#31006	Jan 31-Feb 23	M,W	5:00-9:00pm
#31007	Feb 28-Mar 30	M,W	5:00-9:00pm
#31008	Mar 1-31	T,Th	5:00-9:00pm
#31009	Apr 4-27	M,W	5:00-9:00pm
#31010	Apr 5-28	T,Th	5:00-9:00pm

Optimist Pool

#31653	Jan 4-27	T,Th	5:00-9:00pm
#31654	Feb 1-24	T,Th	5:00-9:00pm
#31655	Feb 5-26	Sa	9:00am-5:00pm
#31656	Feb 28-Mar 30	M,W	5:00-9:00pm
#31657	Mar 1-31	T,Th	5:00-9:00pm
#31658	Mar 5-Apr 2	Sa	9:00am-5:00pm
#31659	Apr 4-27	M,W	5:00-9:00pm
#31660	Apr 5-28	T,Th	5:00-9:00pm

Lifeguarding Instructor – American Red Cross

Location: Pullen Aquatic Center

Age: 17yrs and up. This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the Lifeguard Training course plus information on automated external defibrillators, oxygen administration, and preventing disease transmission. Participants must be at least 17 years of age. Class Fee: \$155
#31011 Mar 1-31 T,Th 5:00-9:00pm

Triathlon Swim Training

Location: Pullen Aquatic Center

Age: 15yrs and up. This class is set-up for active triathletes. The class will focus on improving Freestyle and training methods. Class Fee: \$45
#31707 Feb 8-24 T,Th 6:00-7:00pm
#31708 Mar 8-24 T,Th 6:00-7:00pm
#31709 Apr 5-21 T,Th 6:00-7:00pm

Water Safety Instructor – American Red Cross

Location: Optimist Pool

Age: 16yrs and up. This American Red Cross course will certify candidates to teach water safety, including Basic Water Rescue course, Learn to Swim program and Parent and Child classes. All course materials are included in price of the course. Class Fee: \$155
#31012 Apr 2-30 Sa 9:00am-5:00pm
#31661 Feb 1-24 T,Th 5:00-9:00pm

Water Exercise Classes

Purchase pass at the pool for 8 visits during one calendar year.

Deep Water Walking

Location: Pullen Aquatic Center

This class incorporates various exercises in deep water to enhance muscle strength and

endurance. Flotation equipment is used in the class to help with support in the water during exercises. No classes to be held on March 25.

Jan 3-Apr 29	M,W,F	8:30-9:30am
Jan 4-Apr 28	T,Th	9:15-10:15am
Jan 4-Apr 28	T,Th	6:00-7:00pm
Jan 5-Apr 27	W	7:00-8:00pm

Aqua-Motion

Location: Pullen Aquatic Center

This class is a low impact aerobic exercise class in shallow water designed to improve muscular strength and cardiovascular endurance. A variety of equipment will be used to enhance physical conditioning. No classes to be held on March 25.

Jan 3-Apr 29	M,W,F	9:30-10:30am
Jan 4-Apr 28	T,Th	10:15-11:15am
Jan 3-Apr 27	M,W	6:00-7:00pm

Arthritis Exercise Class

Location: Pullen Aquatic Center

This class is for people with arthritis, fibromyalgia, or other conditions that would benefit from a range of motion exercise class in warm water. No classes to be held on March 25.

Jan 3-Apr 29	M,W,F	10:30-11:30am
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Aqua-Motion II

Location: Pullen Aquatic Center

This low impact water exercise program will focus on total body strengthening and conditioning with a cardiovascular emphasis. This class is also great for pre/post natal and pregnant women who want to experience a more comfortable and effective way to exercise. No classes to be held on March 25.

Jan 3-Apr 29	M,W,F	11:30am-12:30pm
Jan 3-Apr 28	M,T,Th	7:00-8:00pm

Warm Water Fitness for Health

Location: Pullen Aquatic Center

This warm water exercise program is

designed for individuals who wish to improve or maintain their flexibility, range of motion, muscular strength, balance, and performance of daily activities. This class will be gentle exercise taking place in the warm and soothing environment of the therapy pool. Equipment may be used but is always optional. (This is also an advanced version of the Arthritis Class).

Jan 4-Apr 28	T,Th	11:15am-12:15pm
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Aquacise

Location: Optimist Pool

This high impact water exercise class will focus on flexibility, body conditioning, strength building, and cardio-vascular endurance. This class will focus on small muscle groups. No swimming ability is necessary. No class March 25

Jan 3-Apr 29	M,W,F	8:30-9:30am
		9:30-10:30am
		10:30-11:30am
Jan 4-Apr 28	T,Th	7:00-8:00pm
Jan 8-Apr 30	Sa	9:00-10:00am
Jan 8-Apr 30	T,Th	5:45-6:45am

Water Walking

Location: Optimist Pool

This low impact water exercise class will focus on flexibility, body conditioning, and cardio-vascular strengthening. There is a heavy emphasis on the large muscle groups. No swimming ability is necessary.

Jan 3-Apr 29	M,W,F	8:30-9:30am
		9:30-10:30am
Jan 3-Apr 27	M,W	7:00-8:00pm

Adult Stroke Dev. Swim Class

Location: Optimist Pool

Age 15yrs and up. This is a workout group. Emphasis will be placed on stroke improvement and swimming development. Workouts will be developed to challenge and push each individual.

Jan 4-Apr 28	T,Th	6:00-7:00pm
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Art

Preschool

Art – Very Young Artists

Location: Sertoma Arts Center

Age: 2-3 yrs. A parent/child sharing and learning art class. Mom or Dad will experience with their child the fun of creating 2 and 3 dimensional works of art. Parent attends with child and to ensure the one-on-one experience of the class, the Arts Center requires that only those registered attend. To avoid distraction, older and younger siblings may not accompany the registered child to this class. 4 sessions. Autumn Cobeland instructs. Class Fee: \$42
 #30835 Jan 25-Mar 1 T 10:00-11:00am
 #30836 Mar 29-May 3 T 10:00-11:00am

Art for Preschoolers

Location: Lions Park Community Center
 Age: 3-5 yrs. Explore your child's creative side through their own design and art work. Join us for a morning of creativity with finger painting, drawing, coloring, collages, etc. This will help your child discover different colors, textures, shapes and much, much more! Class Fee: \$25
 #31835 Feb 1-22 T 10:30-11:30am
 #31838 Mar 8-29 T 10:30-11:30am
 #31839 Apr 12-May 3 T 10:30-11:30am

Art Magic

Location: Worthdale Community Center
 Age: 3-5 yrs. Preschoolers will enjoy creating collages, mobiles, and painting small ceramic art pieces. Class Fee: \$1
 #32479 Jan 13 Th 10:00-11:00am
 #32480 Jan 20 Th 10:00-11:00am
 #32481 Jan 27 Th 10:00-11:00am
 #32482 Feb 3 Th 10:00-11:00am
 #32483 Feb 10 Th 10:00-11:00am
 #32484 Feb 17 Th 10:00-11:00am
 #32485 Feb 24 Th 10:00-11:00am
 #32486 Mar 3 Th 10:00-11:00am
 #32487 Mar 10 Th 10:00-11:00am
 #32488 Mar 17 Th 10:00-11:00am
 #32489 Mar 24 Th 10:00-11:00am
 #32490 Mar 31 Th 10:00-11:00am
 #32492 Apr 7 Th 10:00-11:00am
 #32491 Apr 14 Th 10:00-11:00am

Ballet – Preschool Introduction

Location: Lake Lynn Community Center
 Age: 3-5 yrs. Learn and review techniques, form, positioning, formation, body pose and grace in this creative dance form of ballet. Class Fee: \$40
 #31753 Jan 5-26 W 10:30-11:15am
 #31754 Feb 2-23 W 10:30-11:15am
 #31755 Mar 2-23 W 10:30-11:15am
 #31756 Mar 30-Apr 20 W 10:30-11:15am

Ballet Basics I

Location: Green Road Community Center
 Age: 3yrs. Learning ballet is a wonderful introduction to the art of dance! This class, geared towards 3-year-olds, will allow stu-

dents to explore the magic of movement while learning fundamental ballet principles of posture and body alignment. While learning basic ballet terminology they will gain a stronger sense of body awareness. Prior dance experience is not necessary. No class will be held March 26. Class Fee: \$64
 #31376 Jan 8-Feb 26 Sa 10:00-10:40am
 #31377 Jan 8-Feb 26 Sa 11:00-11:40am
 #31378 Mar 5-Apr 30 Sa 10:00-10:40am
 #31379 Mar 5-Apr 30 Sa 11:00-11:40am

Ballet Basics II

Location: Green Road Community Center
 Age: 4-6 yrs. Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases while also developing their own creativity and expression. No class will be held March 26. Class Fee: \$64
 #31380 Jan 8-Feb 26 Sa 12:00-12:40pm
 #31382 Mar 5-Apr 30 Sa 12:00-12:40pm

Bunny Baskets

Location: Laurel Hills Community Center
 Make your very own special bunny basket using different media to create a unique keepsake. Class Fee: \$8
 Ages 3-5
 #31543 Mar 17 Th 4:15-5:00pm
 Ages 6-11
 #31544 Mar 17 Th 5:00-5:45pm

Cartoon Capers

Location: Optimist Community Center
 Age: 3-5 yrs. Children must be at least 3 to attend class and fully be able to participate in planned activities with a parent. Join us and your child's favorite cartoon friends as we step into their magical world. Each class will include a video, craft project, snack, group activity and some adventure! We will have a different cartoon theme each class and children are encouraged to dress up or bring in stuffed animals. Class Fee: \$24
 #31757 Feb 1-22 T 6:15-7:15pm

Chilly Willy

Location: Laurel Hills Community Center
 Age: 3-5 yrs. Create your own special snowman using different art media. Also enjoy a really cool treat! Class Fee: \$8
 Ages 3-5
 #31549 Jan 21 F 4:15-5:00pm
 Ages 6-11
 #31550 Jan 21 F 5:00-5:45pm

Collage Creations for Little Ones

Location: Lake Lynn Community Center
 Age: 4-6 yrs. Come and have fun with colors, pictures, animal prints, and art supplies to make collages. Playdoh will also be incorporated into the class to make the experience exciting. Class Fee: \$30
 #31733 Jan 5-26 W 1:45-2:30pm
 #31734 Feb 2-23 W 1:45-2:30pm
 #31735 Mar 2-23 W 1:45-2:30pm
 #31736 Mar 30-Apr 20 W 1:45-2:30pm

Cooking – Sweetie for Sweetie

Location: Laurel Hills Community Center
 Make a special treat to eat for Valentine's Day. Enjoy preparing a sweet that you eat enjoy or give as a gift. Class Fee: \$8
 Ages 3-5
 #31545 Feb 7 M 4:15-5:00pm
 Ages 6-11
 #31546 Feb 7 M 5:00-5:45pm

Creative Music and Movement

Location: Worthdale Community Center
 Age: 3-5 yrs. Preschoolers will experience creative movement through music. Come out and join the fun. Class Fee: 50¢
 #32531 Jan 14-May 13 F 10:00-11:00am

Dance & Movement – Kinderdance®

Location: Pullen Community Center
 Age: 3-5 yrs. Focus on the basics of ballet, tap (soft shoes only), creative movement and gymnastics all in one! Developmental skills are taught to help build the foundation for future success in the arts and sports. Educational concepts such as numbers, colors, letters, etc. are combined with these skills to teach the mind as well as the body. Participation in these classes help to promote self confidence and self esteem by teaching 'Yes I can' Classes are offered on a monthly basis, but consecutive participation is recommended. Each month has a theme that will reinforce previous skills and introduce new ones. If a child participates for 5 or more consecutive months, they may participate in a year-end demonstration with their peers. Ballet shoes and leotards are recommended but not required. Please wear a T-shirt, sweatpants or leggings and socks. Class Fee: \$35
 #30558 Jan 4-25 T 9:30-10:15am
 #30561 Feb 1-22 T 9:30-10:15am
 #30562 Mar 1-22 T 9:30-10:15am
 #30563 Apr 5-26 T 9:30-10:15am

Dance – Tippy Toe Tappers

Location: Laurel Hills Community Center
 Age: 3-5 yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing their coordination and self esteem. Class Fee: \$36
 #32959 Jan 8-29 Sa 10:30-11:15am
 #32960 Feb 5-26 Sa 10:30-11:15am
 #32961 Mar 5-Apr 2 Sa 10:30-11:15am
 #32963 Apr 9-30 Sa 10:30-11:15am

Grrr – Animals

Location: Laurel Hills Community Center
 Age: 9mths-3yrs. This parent/child class includes three types of animals (farm, zoo, and pets) that will thematically anchor each class. Each session will feature crafts, topical stories, music, puppets, discussion and snacks. Class Fee: \$45
 #32908 Feb 2-23 W 9:30-10:15am

Heart Felt Valentine

Location: Laurel Hills Community Center
 Create a unique felt heart by hand sewing. This is sure to be a special Valentine for that

special someone. Class Fee: \$8

Ages 3-5

#31547 Feb 1 T 4:15-5:00pm

Ages 6-11

#31548 Feb 1 T 5:00-5:45pm

Inspired Creations

Location: Lake Lynn Community Center

Age: 3-5 yrs. Bring the little ones to create inspired projects that they can take home to enjoy. Class Fee: \$30

#31737 Jan 6-27 Th 1:45-2:30pm

#31738 Feb 3-24 Th 1:45-2:30pm

#31739 Mar 3-24 Th 1:45-2:30pm

#31740 Mar 31-Apr 21 Th 1:45-2:30pm

Leapin' Leprechauns

Location: Optimist Community Center

Age: 3-5 yrs. Come help celebrate St. Patrick's Day. We will learn about St. Patrick, and make a rainbow and a pot of gold for our very own. Class Fee: \$8

#31690 Mar 12 Sa 12:30-1:30pm

Letters, Numbers and Shapes Oh My!

Location: Laurel Hills Community Center

Age: 18mths-5yrs. Parent and child have fun with their letters, numbers and shapes. Songs, crafts and puppets are used to make class fun and exciting. Part of the class will offer Montessori-like choices. Class Fee: \$36

#32917 Apr 6-27 W 9:30-10:15am

Little Artist

Location: Green Road Community Center

Age: 4-5 yrs. Children will enjoy discovering famous artists and their styles. Each week they will create a one-of-a-kind masterpiece of their own. Van Gogh and Cezanne have nothing on your little artist! Class Fee: \$28

#31393 Jan 12-Feb 2 W 1:15-2:15pm

Look What I Made!

Location: Laurel Hills Community Center

Age: 1-3 yrs. Each week there will be new craft projects to challenge and delight your child. All projects are age appropriate and will provide your child the opportunity to successfully complete a project 'on their own'. This is a parent/child participation class. Class Fee: \$28

#32853 Jan 8-29 Sa 10:30-11:15am

#32854 Feb 5-26 Sa 10:30-11:15am

#32855 Mar 5-26 Sa 10:30-11:15am

#32856 Apr 2-23 Sa 10:30-11:15am

Miniature Messes

Location: Optimist Community Center

Age: 3-5 yrs. Let your toddler experiment with their creativity. Let their imagination flourish with this hands on activity. Paint, glitter, glue, etc. will be used to craft their own masterpiece of self-expression. Artwork is fit for frames or the refrigerator. Class Fee: \$30

#31612 Jan 10-Feb 7 M 10:00-10:45am

#31685 Apr 4-25 M 10:00-10:45am

Music – Let's Hand Jive

Location: Laurel Hills Community Center

Age: 9mths-2yrs. Parent and child laugh with puppets, finger plays, sing a longs, and musical instruments. Emphasis is on fun

and the development of large motor skills.

Class Fee: \$32

#32906 Jan 5-26 W 9:30-10:15am

Music – Very Young Musicians

Location: Sertoma Arts Center

Age: 6-20 mths. Lots of singing, holding hands, and playing together make up this fun class which is centered around parent and child. To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. To avoid distraction problems, older and younger siblings may not accompany the registered child to these classes.

(Courses for March-April skip week of spring break, March 22 and 24.) Marcia Gandolph and Angela Waldorf instruct. Class Fee: \$20

Ages 6-20mths

#32669 Jan 18-Feb 15 T 9:30-9:55am

#32670 Jan 20-Feb 24 Th 9:30-9:55am

#32675 Mar 8-Apr 19 T 9:30-9:55am

#32676 Mar 10-Apr 21 Th 9:30-9:55am

Ages 12-24mths

#32691 Jan 18-Feb 22 T 10:05-10:30am

#32692 Jan 20-Feb 24 Th 10:05-10:30am

#32693 Mar 8-Apr 19 T 10:05-10:30am

#32694 Mar 10-Apr 21 Th 10:05-10:30am

Ages 20-36mths

#32695 Jan 18-Feb 22 T 10:40-11:05am

#32696 Jan 20-Feb 24 Th 10:40-11:05am

#32697 Mar 8-Apr 19 T 10:40-11:05am

#32698 Mar 10-Apr 21 Th 10:40-11:05am

Music, Mom, and Me

Location: Laurel Hills Community Center

Age: 9-18 mths. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$28

#32730 Jan 8-29 Sa 9:45-10:15am

#32731 Feb 5-26 Sa 9:45-10:15am

#32732 Mar 5-26 Sa 9:45-10:15am

#32733 Apr 2-23 Sa 9:45-10:15am

#32889 Jan 4-25 T 9:45-10:15am

#32890 Feb 1-22 T 9:45-10:15am

#32891 Mar 1-22 T 9:45-10:15am

#32892 Apr 5-26 T 9:45-10:15am

No Brush Painting

Location: Lake Lynn Community Center

Age: 4-6 yrs. Paint brushes aren't needed in this creative class that brings life to paper.

Class Fee: \$30

#31744 Jan 4-25 T 1:45-2:30pm

#31745 Feb 1-22 T 1:45-2:30pm

#31746 Mar 1-22 T 1:45-2:30pm

#31747 Mar 29-Apr 19 T 1:45-2:30pm

Preschool Painters

Location: Laurel Hills Community Center

Age: 2-4 yrs. Parent and child participate in a fun filled class that exposes children to paintbrushes, sponge painting, and finger painting. Unlimited paint and paper will be provided. Class Fee: \$24

#32902 Jan 6-27 Th 10:00-10:30am

#32903 Feb 3-24 Th 10:00-10:30am

#32904 Mar 3-31 Th 10:00-10:30am

#32905 Apr 7-28 Th 10:00-10:30am

Special Art with Special Hands

Location: Powell Drive Park

Age: 3-5 yrs. Create fanciful artwork for mom, dad, a grandparent, or special caretaker. Who needs paper? We draw and paint on everything: old shutters, wooden stair treads, porch railings, tiles, you name it! Parent must accompany child. Class taught at Powell Drive Park. Class Fee: \$8

#33256 Feb 8 T 10:00-11:30am

The Tale's the Thing

Location: Laurel Hills Community Center

Age: 3-5 yrs. Storyteller will read and tell some old and new tales while children participate in simple drama, music, and art. Class Fee: \$32

#32912 Mar 2-30 W 9:30-10:15am

Valentine's for Everyone

Location: Optimist Community Center

Age: 3-5 yrs. The children will learn about St. Valentine and then make some valentines and decorations to take home. Class Fee: \$8

#31688 Feb 12 Sa 12:30-1:30pm

Winter Wonders

Location: Optimist Community Center

Age: 3-5 yrs. We will make some projects representing the various symbols that make winter so special from snowmen and snowflakes to mittens and sleds. Class Fee: \$8

#31686 Jan 8 Sa 12:30-1:30pm

Youth

Art – Cartooning

Location: Sertoma Arts Center

Age: 10-16 yrs. An introduction to the tools and methods of the comic book and comic strip cartoonists. You will learn the effective use of pens and brushes and the proper methods for drawing our favorite characters in action. 6 sessions. Richard Cloudt instructs. Class Fee: \$64

#31017 Feb 2-Mar 9 W 4:30-6:00pm

Art – Critter Creation

Location: Sertoma Arts Center

Age: 6-8 yrs. Children will have fun with paper mache by making their imaginations come to life. They will learn about paper mache by building a critter and bring it to life with color and design. 6 sessions. Dawn Ray instructs. Class Fee: \$42

#30827 Apr 4-May 9 M 4:30-5:30pm

Art – Drawing and Whatever

Location: Sertoma Arts Center

Age: 9-15 yrs. Discover how satisfying your drawing can be with new ways of seeing and new techniques. This class will focus on pencil drawing. Choice of additional medium (ink, pastels, paint, etc.) will be options. Anna Sanderson instructs. 6 sessions. Class Fee: \$70

#31801 Mar 31-May 5 Th 4:00-6:00pm

Art – Fun with Color

Location: Sertoma Arts Center

Age: 7-9 yrs. Basic drawing techniques are

Art Fun with Color continued next page —

Art - Fun with Color continued —

introduced and the delightful effects of color are explored using various mediums. Class is conducted in a relaxed and enjoyable atmosphere. Anna Sanderson instructs. 6 sessions. Class Fee: \$70
 #31812 Feb 3-Mar 10 Th 4:00-6:00pm

Art - Fun with Pencil

Location: Sertoma Arts Center
 Age: 7-9 yrs. What the eye sees, the hand can express—training both is the object of this class. See what fun drawing can be! Anna Sanderson instructs. 6 sessions. Class Fee: \$70
 #31810 Mar 29-May 3 T 4:00-6:00pm

Art - Pencil and Color

Location: Sertoma Arts Center
 Age: 9-15 yrs. Training of the eye and hand is combined with free expression of color to create satisfying images. Improve your skills in a supportive atmosphere. Anna Sanderson instructs. 6 sessions. Class Fee: \$70
 #31806 Feb 1-Mar 8 T 4:00-6:00pm

Art - Tell a Story through Art

Location: Sertoma Arts Center
 Age: 6-8 yrs. Pictures can speak louder than words. Students will use fun techniques in drawing, assembling, and lettering to share a thought, dream, or story. 6 sessions. Dawn Ray instructs. Class Fee: \$42
 #30834 Jan 31-Mar 7 M 4:30-5:30pm

Ballet Basics

Location: Millbrook Exchange Community Ctr.
 Age: 6-10 yrs. Come and learn the dance of beauty and grace! Learn and explore the basics of ballet while learning form, positions, techniques, formation and locomotion, non locomotion movements with self expression, discovery and fun. Perform the ballerina's dance walk, turns, lifts, opens, passe, leaps, and move to the princess songs with classical music. Class instructed by Khadija El-McPherson, choreographer and certified teacher. Class Fee: \$36
 #30682 Jan 4-25 T 6:30-7:15pm
 #30683 Feb 1-22 T 6:30-7:15pm
 #30684 Mar 1-29 T 6:30-7:15pm
 #30685 Apr 5-26 T 6:30-7:15pm

Ceramics for Youth

Location: Walnut Terrace Community Center
 Age: 6-15 yrs. Learn to pour, clean and paint age appropriate ceramic pieces. Nominal prices for items poured and the use of paint. An excellent arts and crafts idea for home schoolers. Class Fee: \$0
 #32026 Jan 10-Apr 25 M 12:00-5:00pm

Clay - Handbuilding for Children

Location: Sertoma Arts Center
 Age: 5-8 yrs. Children work with real clay using varied methods of constructing pottery from pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class. Students pick up finished work after course is completed. Class #31671 skips Mar 24. 4 sessions. Kath

Disney Nilson instructs. Class Fee: \$48
 #31670 Jan 20-Feb 10 Th 4:15-5:30pm
 #31671 Mar 10-Apr 7 Th 4:15-5:30pm
 #31676 Apr 28-May 19 Th 4:15-5:30pm

Clay - Handbuilding for Youth & Teens

Location: Sertoma Arts Center
 Age: 9-15 yrs. Children work with real clay using varied methods of constructing pottery from pinch, coil and slabs to form their own unique creations. Pieces will be glazed during the last class. Students pick up finished work after course is completed. Class #31673 skips Mar 23. 4 sessions. Kath Disney Nilson instructs. Class Fee: \$48
 #31672 Jan 19-Feb 9 W 4:15-5:30pm
 #31673 Mar 9-Apr 6 W 4:15-5:30pm
 #31677 Apr 27-May 18 W 4:15-5:30pm

Dance - Ballet

Location: Laurel Hills Community Center
 Bring your ballerina to participate in a fun filled dance centered environment. Students will start with movement and introduction to basic ballet positions then progress into a skilled dancer producing routines. Each class will include a ballet story, arts and crafts or classical music depending on age appropriateness. Each student will receive a certificate of completion. The last 15 minutes of the final class is the 'recital' and we invite parents, friends, and family to attend. Cameras and other video equipment welcome. So come join our new dance program and see your child's body awareness, self image, flexibility and coordination develop and grow through the years. Class Fee: \$27

Ages 2-3

#32634 Jan 5-26 W 5:30-6:00pm
 #32635 Feb 2-23 W 5:30-6:00pm
 #32636 Mar 2-23 W 5:30-6:00pm
 #32637 Apr 6-27 W 5:30-6:00pm

Ages 4-5

#32638 Jan 5-26 W 6:15-7:00pm
 #32639 Feb 2-23 W 6:15-7:00pm
 #32640 Mar 2-23 W 6:15-7:00pm
 #32641 Apr 6-27 W 6:15-7:00pm
 #32642 Jan 8-29 Sa 1:00-1:45pm
 #32643 Feb 5-26 Sa 1:00-1:45pm
 #32644 Mar 5-26 Sa 1:00-1:45pm
 #32645 Apr 2-23 Sa 1:00-1:45pm

Ages 5-7

#32646 Jan 8-29 Sa 2:00-2:45pm
 #32647 Feb 5-26 Sa 2:00-2:45pm
 #32648 Mar 5-26 Sa 2:00-2:45pm
 #32649 Apr 2-23 Sa 2:00-2:45pm

Dance - Ballet Fun

Location: Green Road Community Center
 Age: 6-8 yrs. This class introduces students to classical ballet steps and skills. Dancers will learn to use formal ballet positions and vocabulary. Though taught in the traditional ballet class structure, this class will emphasize the fun and joy of movement. No class will be held March 26. Class Fee: \$64
 #31383 Jan 8-Feb 26 Sa 1:15-2:00pm
 #31384 Mar 5-Apr 30 Sa 1:30-2:15pm

Dance - Beginning Tap and Jazz

Location: Laurel Hills Community Center
 Age: 6-9 yrs. Learn the basics of jazz and

tap in a fun atmosphere while developing body awareness, self image, and confidence. Traditional and innovative steps will be introduced while teaching rhythmic movements to music. Class Fee: \$36
 #32983 Jan 7-28 F 6:30-7:15pm
 #32984 Feb 4-Mar 4 F 6:30-7:15pm
 #32985 Mar 11-Apr 8 F 6:30-7:15pm
 #33001 Apr 15-May 6 F 6:30-7:15pm

Dance - Creative Movement

Location: Green Road Community Center
 Age: 6-8 yrs. This class will incorporate modern dance with a hint of ballet. Students will learn to improvise a variety of movements in fun, creative ways. No class will be held March 22. Class Fee: \$64
 #31387 Jan 4-Feb 22 T 6:15-7:00pm
 #31388 Mar 1-Apr 26 T 6:15-7:00pm

Dance - Jazz/Ballet/HipHop

Location: Tarboro Road Community Center
 Age: 4-14 yrs. This class helps to promote coordination, confidence, artistic expression, and physical fitness. Class Fee: \$25
 #33257 Jan 1-28 Sa,F 12:30-1:30pm
 #33258 Feb 5-26 Sa,F 12:30-1:30pm
 #33259 Mar 4-26 F-Sa 6:30-7:30pm
 #33260 Apr 1-29 F-Sa 6:30-7:30pm

Drama - Ensemble Excitement

Location: Laurel Hills Community Center
 Age: 9-12 yrs. If this age catches the acting bug, there will be no stopping them! Class includes stretching, voice modulation, pantomime, quick change ensemble skits and age appropriate skits. This class helps to build self esteem and encourages social interaction and self control. Class Fee: \$40
 #32928 Feb 7-28 M 5:30-6:30pm
 #32938 Mar 7-Apr 4 M 5:30-6:30pm

Drama - Fairytale Players

Location: Sertoma Arts Center
 Age: 5-8 yrs. After listening to a fairytale, the children will act it out using their own creativity and imagination. Parents invited in for last class. 6 sessions. Breezy instructs. Class Fee: \$40
 #31674 Jan 18-Feb 22 T 4:00-5:00pm
 #31675 Apr 7-May 12 Th 4:00-5:00pm

Drama - Improv Theater

Location: Sertoma Arts Center
 Age: 9-15 yrs. Students will learn to be creative and fast-thinking by acting out situations provided. Parents invited in for last class. 6 sessions. Breezy instructs. Class Fee: \$40
 #31713 Jan 18-Feb 22 T 5:15-6:15pm
 #31714 Apr 7-May 12 Th 5:15-6:15pm

Drawing and Painting for Kids

Location: Pullen Arts Center
 Age: 9-14 yrs. Come explore the elements of design. Classes will focus on line and contrast, value, patterns and textures, shapes, form and space using a variety of two-dimensional media. Then turn your drawings into paintings. We will explore watercolor, and tempera paint. Instructor: Breigh Stanfield. 6 weeks. Class Fee: \$46
 #31074 Jan 15-Feb 19 Sa 10:30am-12:00pm
 #31075 Apr 2-May 7 Sa 10:30am-12:00pm

Recreation offers the discovery of self expression and much needed family cohesion. Nancy M. Morrow

KidzArt®

Location: Millbrook Exchange Community Ctr.
Age: 6-11yrs. KidzArt® is a fun, safe, unique and confidence building drawing program for children of all ages. Our mission is to provide kids the opportunity to have art in their lives, increase their skills and knowledge of various art mediums, learn to draw using a proven method and, most of all, to have fun! KidzArt® was created to enhance a child's creative self-expression by using instructional drawing methods that allow the child to produce original, representational art in the first 1-4 lessons by doing projects that are simple, fun and produce great results. It allows kids to explore, express and be uplifted in a non-competitive environment. Children must have completed Kindergarten to participate. Classes are taught by a KidzArt® certified instructor and are limited to 10 children. Class Fee: \$60

#30690	Jan 6-27	Th	6:15-7:15pm
#30691	Feb 3-24	Th	6:15-7:15pm
#30692	Mar 3-24	Th	6:15-7:15pm
#30693	Apr 7-28	Th	6:15-7:15pm

Leaping Wind and Sitting Flower

Location: Laurel Hills Community Center
Age: 5-8 yrs. Lack of inhibition with this age allows them to jump joyously with both feet into this drama class. Have fun portraying an object, animal, or emotion. Helps to increase self confidence, self control and social skills. Class Fee: \$40

#32925	Feb 7-28	M	4:15-5:15pm
#32926	Mar 7-Apr 4	M	4:15-5:15pm

Mommy Surprise

Location: Laurel Hills Community Center
Create a special craft surprise for your mom! It's sure to put a smile on her face! Class Fee: \$8

Ages 3-5

#31541	Apr 28	Th	4:15-5:00pm
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Ages 6-11

#31542	Apr 28	Th	5:00-5:45pm
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Music – Piano – Play It Again Peanut

Location: Walnut Terrace Community Center
Age: 6yrs and up. Piano lessons for the beginner to the advanced. Learn to play by ear, reading notes or by chords. Two recitals per year. Cost is monthly for weekly half hour sessions. Class Fee: \$25

#32033	Jan 8-29	Sa	10:00am-3:00pm
#32034	Feb 5-26	Sa	10:00am-3:00pm
#32035	Mar 5-26	Sa	10:00am-3:00pm
#32036	Apr 2-30	Sa	10:00am-3:00pm

Music – Raleigh Children's Orchestra

Location: Pullen Arts Center
Age: 6-13 yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each

semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Rehearsal site: Lambs Christian Center, 4519 Laurel Hills Road. Students provide their own instruments. Concert dates: Mar 15 & May 10. (No rehearsal March 22). Director: Ilse Mann (17 weeks). Class Fee: \$92

#30877	Jan 4-May 3	T	5:15-6:30pm
#30878	Jan 4-May 3	T	6:30-7:45pm

Piano for Beginner

Location: Millbrook Exchange Community Ctr.
Age: 5yrs and up. If you've ever wanted to learn to play the piano as an adult, or want your child to start taking lessons, here's your chance! Students will be taught the musical alphabet, how to read basic piano music, and to play simple pieces. One-on-one instruction in both technique and theory. Registration begins December 14 for new students. Class Fee: \$35

#30653	Jan 5-26	W	5:30-6:00pm
#30642	Jan 5-26	W	6:00-6:30pm
#30643	Jan 5-26	W	6:30-7:00pm
#30644	Jan 5-26	W	7:00-7:30pm
#30647	Jan 5-26	W	7:30-8:00pm
#30646	Jan 5-26	W	8:00-8:30pm
#30645	Jan 5-26	W	8:30-9:00pm
#30648	Feb 2-23	W	5:30-6:00pm
#30649	Feb 2-23	W	6:00-6:30pm
#30650	Feb 2-23	W	6:30-7:00pm
#30651	Feb 2-23	W	7:00-7:30pm
#30652	Feb 2-23	W	7:30-8:00pm
#30630	Feb 2-23	W	8:00-8:30pm
#30631	Feb 2-23	W	8:30-9:00pm
#30633	Mar 2-30	W	5:30-6:00pm
#30632	Mar 2-30	W	6:00-6:30pm
#30634	Mar 2-30	W	6:30-7:00pm
#30635	Mar 2-30	W	7:00-7:30pm
#30636	Mar 2-30	W	7:30-8:00pm
#30637	Mar 2-30	W	8:00-8:30pm
#30638	Mar 2-23	W	8:30-9:00pm
#30629	Apr 6-27	W	5:30-6:00pm
#30628	Apr 6-20	W	6:00-6:30pm
#30627	Apr 6-27	W	6:30-7:00pm
#30626	Apr 6-27	W	7:00-7:30pm
#30639	Apr 6-27	W	7:30-8:00pm
#30640	Apr 6-27	W	8:00-8:30pm
#30641	Apr 6-27	W	8:30-9:00pm

Pottery – Kidz Clay

Location: Pullen Arts Center
Age: 8-12 yrs. A guided tour into the wonderful world of clay. Kids learn basic clay hand building techniques, while using their imaginations to bring life to their ideas. Emphasis will be functional objects such as cups and bowls for session 1 and sculptural objects such as animals, masks and human figures for session 2. Projects will be glazed and need to be picked up at a later date. Materials provided. Instructor: Jayne Cluggish (4 weeks). Class Fee: \$40

#31813	Feb 23-Mar 16	W	4:00-5:30pm
#31814	Mar 30-Apr 20	W	4:00-5:30pm

Teen

Ceramics for Teens

Location: Roberts Park Community Center
Age: 12-16 yrs. Teens are taught to pour, clean, glaze and paint their masterpieces. Fee varies according to size of item. Class Fee: \$4

#33415	Jan 5-26	W	6:30-8:30pm
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Drawing and Sketching Introduction

Location: Tarboro Road Community Center
Age: 5yrs and up. This is a class for beginners. You will cover the basic fundamentals of drawing and sketching. Come and see if you have any skills. Class Fee: \$35

#33297	Jan 5-26	W	7:00-8:00pm
#33298	Feb 2-23	W	7:00-8:00pm
#33299	Mar 2-23	W	7:00-8:00pm
#33300	Apr 6-27	W	7:00-8:00pm

Adult

A New Look for Your Home

Location: Method Road Community Center
Age: 18yrs and up. Change the atmosphere of your home with new ideas that will give you a new positive attitude. In this class, you will learn the art of making throw pillows, decorative baskets, centerpieces, and window treatments. Class Fee: \$35

#33253	Mar 19-Apr 23	Sa	11:00am-1:00pm
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Art of ReUse

Location: Method Road Community Center
Age: 13yrs and up. Ready for an artistic creative adventure making things with your hands? Explore innovative uses of salvage, refuse and discarded materials. Learn how to creatively reuse the materials to make just about anything. Put new life into those old windows, add mirrors or favorite photos. Thinking about throwing away that old suitcase? Think again! Have an item you just can't throw away and want to reuse? Bring the item to class and we'll discuss and problem solve on how to reuse it. Class Fee: \$50

#33254	Apr 6-27	W	7:00-9:00pm
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Baskets – Back to the Basics

Location: Sertoma Arts Center
Age: 16yrs and up. Back to the Basics Market Basket: Learn to weave and take home a Market Basket that's stunning and sturdy. Design is based on an old market basket found at an auction house. For the beginner weaver, this is a great introduction to the wonders of weaving. Basic weaving techniques will be taught. Great class for a first time weaver to an advanced weaver as new and exciting ideas will be introduced. Finished size: 12 in W x 17 in L x 12 in H.

Baskets – Back to the Basics continued next page —

Baskets - Back to the Basics continued —

All levels. Kit \$16 from instructor. 1 session.
Brenda Elshof instructs. Class Fee: \$20
#31820 Jan 22 Sa 9:30am-1:30pm

Baskets – Basket Workshop

Location: Sertoma Arts Center
Age: 16yrs and up. Advanced beginner and intermediate basket weavers: come and weave whatever you like! Did you miss a class? Do you want to tackle a new technique but need instruction? Have some baskets that need finishing? Or just want to weave with others? Please contact instructor at least a week before class if you need any materials or special instructions. Materials fee payable to instructor if any materials are used. 1 session. Barbara McGeachy instructs. Class Fee: \$13
#31848 Apr 7 Th 7:00-9:30pm

Baskets – Kitchen Apple Basket

Location: Sertoma Arts Center
Age: 16yrs and up. Learn to weave a basket that is stunning yet useful. Students will learn to 'twine' the base of the basket using a wooden handle as one of the spokes and flat reed instead of round. The sides are start and stop. A choice of rub-on accents will be provided. Some weaving experience would be helpful. Finished size: 12 in x 8 in x 4 in. All levels. Kit \$16 from instructor. Class #31850 (2 sessions). Class #31851 (1 session). Brenda Elshof instructs. Class Fee: \$25
#31850 Apr 8-15 F 10:00am-12:30pm
#31851 Apr 16 Sa 9:30am-2:30pm

Baskets – Little Cat Feat

Location: Sertoma Arts Center
Age: 16yrs and up. Weave the classic Shaker cat head style basket using free-form shaping. This fun basket has feet built right into it! Learn a nifty technique for adding a single spoke for continuous weaving. Learn to shape a rim narrower than the walls. Finished size: 8 in diameter x 6 in high. Advance beginner or above. Kit \$10 from instructor. 2 sessions. Barbara McGeachy instructs. Class Fee: \$30
#31815 Jan 20-27 Th 6:30-9:30pm

Baskets – Red and Rand

Location: Sertoma Arts Center
Age: 16yrs and up. Learn to weave in a 'randing' style while weaving the perfect Valentine's Day Basket. Woven on a wooden base, the entire basket weaving process is called randing. Weaving with dyed reed will be discussed in this class too. Functional and pretty and red just in time for Valentine's Day! Finished size: 8 in x 8 in x 8 in. All levels. Kit \$18 from instructor. Class #31824 (2 sessions). Class #31825 (1 session). Brenda Elshof instructs. Class Fee: \$25
#31824 Feb 4-11 F 10:00am-12:30pm
#31825 Feb 12 Sa 9:30am-2:30pm

Baskets – Sea and Smoke Tote

Location: Sertoma Arts Center
Age: 16yrs and up. Weave a rib constructed basket with a Carrick (or Josephine) knot as the handle. Use smoked reed and sea grass for a unique natural basket, just in time for summer. Finished size: 10 in diameter. Advanced beginner or above. Kit \$15 from instructor. 2 sessions. Barbara McGeachy instructs. Class Fee: \$35
#31852 Apr 21-28 Th 6:00-9:30pm

Baskets – Woven Bowl

Location: Sertoma Arts Center
Age: 16yrs and up. Learn the fine art of weaving over a mold. In this case a useful plastic kitchen bowl that can be used as a liner later. This class will show how every day items can lend a hand in creating new and useful baskets. Shaping your basket while weaving will be taught along with other basic weaving techniques. Finished size: 12 in high x 10 in diameter. All levels. Kit \$18 from instructor. Brenda Elshof instructs. Class Fee: \$20
#31845 Mar 4-11 F 10:00am-12:00pm

Baskets – Woven Vase

Location: Sertoma Arts Center
Age: 16yrs and up. Weave a basket that will hold water! Using a glass vase as a mold, you'll weave a basket using your choice of techniques. Some choices are tapestry weaving, cross-stitch, French rand, etc. Finish the basket with a rim woven with the spokes, which will hold in the vase. Choice of colors and materials. Finished size: 11 in high x 6 in diameter. All levels. Kit \$20 from instructor. 3 sessions. Barbara McGeachy instructs. Class Fee: \$45
#31834 Feb 17-Mar 3 Th 6:30-9:30pm

Birdhouses for Your Flying Friends

Location: Powell Drive Park
Age: 8yrs and up. Using salvage and refuse materials from construction debris remnants, learn how to create whimsical homes for your feathered friends. Birdhouses will be made to appropriate specifications and can include the additions of your own decorative ornaments from home. Art class for adults and children. This class will be held at Powell Drive Park. Class Fee: \$30
#33255 Mar 12 Sa 9:00am-12:00pm

Ceramics – Greenware to Dreamware

Location: Walnut Terrace Community Center
Age: 16yrs and up. An on going Ceramic Studio for all — the beginner to the experienced. Learn to pour, clean and paint ceramics pieces customized by you! Pay for what you pour. Supplies and paint are extra but can be purchased from the studio. Fees are annual July 1- June 30. Class Fee: \$6
#32020 Jan 4-Apr 25 M-Th 12:00-5:00pm

Ceramics Just For You

Location: Roberts Park Community Center
Age: 18yrs and up. Ages 18 and over. An art program that teaches pouring, cleaning,

glazing and painting of masterpieces. Prices vary depending on size of item you choose to make. Brushes, knives and paints are extra. Joining fee of \$6 is good for one year. Class Fee: \$6

#32808	Jan 10-24	M	10:00am-2:00pm
#32809	Feb 7-28	M	10:00am-2:00pm
#32810	Mar 7-Apr 4	M	10:00am-2:00pm
#32811	Mar 7-21	M	10:00am-2:00pm

Clay – Wheel Throwing Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a 'refresher' course for students who have previously taken throwing classes and have not thrown for some time. Studio orientation and glazing class are included so new students are welcome. The only prerequisite is to have beginner throwing skills. Materials extra. 8 sessions. Deborah Harris instructs. Class Fee: \$81
#31724 Mar 30-May 18 W 9:30am-12:00pm

Clay – Electric Kilns

Location: Sertoma Arts Center
Age: 16yrs and up. Electric Kilns: Setup & Maintenance. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. 1 session. Randy Hinson instructs. Class Fee: \$30
#31729 Apr 9 Sa 10:00am-12:30pm

Clay – Handbuilding Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. This course introduces students to the varied methods of constructing pottery by hand from pinch, coils and slabs of clay, provides an understanding of ceramic terms and processes, and equips the student with the knowledge to use the pottery studio independently. Sessions are comprised of demonstrations followed by student practice time under the guidance of the instructor. Discussion of firing and finishing methods are included in the glazing session of the course culminating with students glazing pots they have created for firing. No previous clay experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included: purchase at first class (approximately \$35). 8 sessions. Kath Disney Nilson instructs. Class Fee: \$81
#31717 Jan 24-Mar 14 M 7:00-9:30pm
#31718 Jan 25-Mar 15 T 9:30am-12:00pm

Clay – Handbuilding II

Location: Sertoma Arts Center
Age: 16yrs and up. This handbuilding course emphasizes projects using varied surface treatments (texture, raku, etc.) and design to encourage the creativity of the

students in their work. The only prerequisite is to have beginner handbuilding skills. Because the studio orientation and a glazing class are included, new students are welcome. Materials extra. 8 sessions. Kath Disney-Nilson instructs. Class Fee: \$81
 #31719 Apr 4-May 23 M 7:00-9:30pm
 #31720 Apr 5-May 24 T 9:30am-12:00pm

Clay – Illustrated Clay

Location: Sertoma Arts Center
 Age: 16yrs and up. Through the use of slips, underglazes and other ceramic materials we will explore processes of decorating surfaces of clay works, incorporating basic design elements such as line, pattern and objective images. Designs created may be decorative or narrative in nature. This class is designed for all levels of students. The focus of the class will be on developing decorations and applying them to clay pieces. Pottery to be decorated will be made outside of class. Studio orientation and glaze session are included so new students are welcome. Basic to intermediate throwing or handbuilding required. Some decorating colors provided. Other materials extra. 6 sessions. Randy Hinson instructs. Class Fee: \$80
 #31726 Feb 2-Mar 9 W 7:00-9:30pm

Clay – Success with Shino

Location: Sertoma Arts Center
 Age: 16yrs and up. Shino was first developed in Mino, Japan during the 16th century.

This remarkable glaze was utilized on pottery for the formal Japanese Tea Ceremony. In this three Saturdays workshop, we'll explore various forms and glazing techniques to facilitate the many variations of Shino color, pattern and texture. The first Saturday will focus on throwing porcelain forms which work best to enhance Shino. The second Saturday is dedicated to glaze formulas, glaze management and glazing techniques. In addition, we will discuss the Cone 10 reduction firing schedule. The third Saturday will be review and critique of the finished work, evaluating and determining the most effective methods. Prerequisite: Beginner Wheel. Materials extra. Deborah Harris instructs. Class Fee: \$75

#31732	Feb 5-19	Sa	9:15am-2:45pm
	Feb 5-19	Sa	9:15am-2:45pm
	Feb 19	Sa	9:15am-12:15pm

Clay – Wheel Throwing Advanced

Location: Sertoma Arts Center
 Age: 16yrs and up. Advanced Throwing Techniques and Projects: Altered shapes, pots elevated on bases or feet and teapots are just a sample of the projects covered in this exciting and challenging class. We will explore forms and functions other than the usual bowl or plate incorporating an improved sense of design and throwing skill. Some projects and level of difficulty will be determined by the skill level of the individual

potters in the course in order to make the class more exciting and fun. This course may culminate in a group installation or show and a field trip. Studio orientation and glaze session are included so new students are welcome. Intermediate throwing skills required. Will require work outside of class time. Materials extra. 6 sessions. Randy Hinson instructs. Class Fee: \$80
 #31727 Apr 6-May 11 W 7:00-9:30pm

Clay – Wheel Throwing Beginner

Location: Sertoma Arts Center
 Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery on the potter's wheel, provides an understanding of ceramic terms and processes, and equips the student with knowledge needed to use the pottery studio comfortably, safely and independently. Sessions are comprised of demonstrations followed by student practice time under the guidance of the instructor. Topics covered include developing clay centering skills followed by throwing techniques used to produce a variety of forms and basic handle making. Discussion of firing and finishing methods are included in the glazing session of the course culminating with students glazing pots they have created for firing. No previous experience necessary. Students are encouraged to practice between class sessions and have free access to Sertoma's well equipped studio. Materials not included; purchase at first class (approximately \$30). 8 sessions. Deborah Harris instructs class #31721 and Randy Hinson instructs class #31722 and #31723.

#31721	Jan 12-Mar 2	W	9:30am-12:00pm
#31722	Jan 13-Mar 3	Th	7:00-9:30pm
#31723	Mar 31-May 19	Th	7:00-9:30pm

Clay – Wheel Throwing Bowls Workshop

Location: Sertoma Arts Center
 Age: 16yrs and up. Making Better Bowls Workshop: Bowls are one of the oldest and most diverse forms of functional pottery created, whether used for ceremonies, mixing, grinding or serving food. This class will take a brief historical look at bowls, observing their design as well as function. Demonstrations on improving bowl throwing skills, rim treatments and trimming and finishing considerations will follow. The balance of the session will be devoted to hands on throwing. Students are encouraged to bring in bowls they have made for evaluation. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Centers. Students bring in tools, clay and a bag lunch. 1 session. Randy Hinson instructs. Class Fee: \$35
 #31728 Mar 12 Sa 9:30am-2:00pm

Criticism of Work in Progress

Location: Jaycee Community Center
 Age: 18yrs and up. Students bring one piece of work currently in progress, in any medium, for critique. Emphasis will be on

Criticism of Work in Progress continued next page —



Criticism of Work in Progress continued —

paintings and drawings, but sculpture may be included. Ben Williams instructs. Class Fee: \$75
#32988 Mar 7-Apr 25 M 1:00-3:30pm

Drama – Acting – Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. An introduction to the theatre through theatrical relaxation, games, and acting out given situations and monologues. 5 sessions. Breezy instructs. Class Fee: \$55
#31715 Jan 26-Feb 23 W 7:30-9:00pm

Drama – Acting – Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. Learn how to interact with others using scenes from popular plays. 5 sessions. Breezy instructs. Class Fee: \$55
#31716 Mar 9-Apr 6 W 7:30-9:00pm

Drawing – Basic Techniques

Location: Sertoma Arts Center
Age: 16yrs and up. This class is for the beginning drawing student or anyone who needs to be refreshed on the basics of drawing. Learn contour line, proportion, perspective, form and value. Establishes good foundation for all painting classes. 6 sessions. Autumn Cobeland instructs. #31029 and Cindy Mounce instructs. #31030. Class Fee: \$79
#31029 Jan 27-Mar 3 Th 7:00-9:30pm
#31030 Jan 26-Mar 2 W 9:30am-12:00pm

Drawing – Beginning

Location: Pullen Arts Center
Age: 16yrs and up. Learn to draw what you see through the study of contour, composition, perspective, and value. This course provides a good foundation for all painting classes. Some materials provided. Optional Supply List provided. Instructor: Leslie Pruneau (6 weeks). No class on Jan 17. Class Fee: \$68
#31092 Jan 10-Feb 21 M 7:00-9:00pm

Drawing – Cartooning for Adults

Location: Sertoma Arts Center
Age: 16yrs and up. This class is perfect for the complete novice or the seasoned amateur intent on developing their own ideas. We will use a variety of mixed media—including ink and watercolor—to create cartoons. Beginning with the black and white, single panel gag cartoon (like those of New Yorker magazine fame), students will study the cartoon form of their choice—from comic strips, editorial cartoons, story book illustration and action comics—for their own projects and purposes. We will learn good, basic drawing mechanics, the use of various media, how to come up with ideas and how to deliver them. Materials will be supplied by the instructor for a small fee collected at first class. 6 sessions. Richard Cloudt instructs. Class Fee: \$60
#31018 Feb 2-Mar 9 W 7:00-9:00pm

Drawing – Colored Pencil

Location: Sertoma Arts Center
Age: 16yrs and up. Colored pencil offers unlimited possibilities for your drawing. Learn varied techniques, such as layering, subtraction, grisaille and others. We'll discuss papers, characteristics of various brands of pencils, and other related subjects. Beginners to colored pencil as well as intermediate students welcome. Previous drawing experience required. 6 sessions. JoAnn Peterson instructs. Class Fee: \$79
#31027 Jan 24-Feb 28 M 9:30am-12:00pm

Drawing – Colored Pencil Projects

Location: Sertoma Arts Center
Age: 16yrs and up. This class is for those with some colored pencil experience. Students will explore color theory, mixed media and various techniques, with a different project each week. Critiques of in-progress work. 5 sessions. JoAnn Peterson instructs. Class Fee: \$79
#31028 Apr 4-May 2 M 9:30am-12:30pm

Drawing – Composition and Perspective

Location: Sertoma Arts Center
Age: 16yrs and up. In this workshop students will learn the techniques to create balance and 3-dimensional space on a 2-dimensional surface. Demonstrations will guide the students to understand proportions, positive and negative space as well as aerial and linear perspective. Individual and group critiques will play a part. This class is for the beginning and intermediate student and is open to all mediums. 6 sessions. Ed Hardy instructs. Class Fee: \$60
#31318 Feb 26 Sa 9:30am-5:00pm

Drawing – Continuing

Location: Pullen Arts Center
Age: 16yrs and up. Further explore your drawing skills while experimenting with other materials such as charcoal, and pen & ink. Focus on your individual style will be enhanced through personal instruction and critiques. Pre-requisite: any beginning drawing class. Supply List provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#31094 Mar 7-Apr 11 M 7:00-9:00pm

Drawing – Design Fundamentals I

Location: Sertoma Arts Center
Age: 16yrs and up. Elements of design are building blocks used to create art. Students will learn the seven elements of design by applying them in painting, drawing and design projects. 6 sessions. Dawn Ray instructs. Class Fee: \$79
#31026 Apr 4-May 9 M 7:00-9:30pm

Drawing – Drawing: Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. Students will approach a different subject each week with emphasis on good composition and new drawing techniques. Autumn Cobeland instructs. 6 sessions. Class Fee: \$79
#31298 Mar 31-May 5 Th 7:00-9:30pm

Drawing the Human Form

Location: Pullen Arts Center
Age: 16yrs and up. Learn to draw people by breaking down the complexities of the human figure into simpler planes and masses. We will study proportion and form through techniques using graphite, charcoal and conte' crayon. Pre-requisite: Any beginning drawing class. Live model provided. Instructor: Leslie Pruneau. (6 sessions). Class Fee: \$84
#31095 Mar 1-Apr 5 T 7:00-9:00pm

German Valentine Papercutting

Location: Pullen Arts Center
Age: 16yrs and up. Learn the basics of 'Scherenschnitte' or German paper cutting. You'll complete at least one cutting and take home several more to work on. Great technique for special holiday cards! Supply fee approx \$2 payable at class. Instructor: Sharon Petrides (1 session). Class Fee: \$10
#30885 Feb 10 Th 7:00-9:00pm

Glass – Beadmaking Introduction

Location: Pullen Arts Center
Age: 16yrs and up. Receive hands-on experience in creating miniature works of art! This introduction to basic glass beadmaking includes: glass safety; compatibility of glasses and different glasses available for use; annealing glass; using the 'Hot Head' torch with Mapp gas for lampworking glass beads; building the basic bead; equipment and tools; techniques for decorating beads by making and incorporating stringers and twisters and by applying surface textures. Supply fee of approx. \$12 payable at first class. Supply List provided. Instructor: Marjorie Putnam (1 session). Class Fee: \$110
#30845 Mar 12 Sa 10:00am-4:00pm

Glass – Beginning Stained Glass

Location: Pullen Arts Center
Age: 16yrs and up. Light and glass make a beautiful pair! Our course will include designing for stained glass, glass cutting, copper foil techniques and soldering a flat stained glass panel. We will begin with a light catcher for practice and then make a simple medium-sized panel. (Some outside class work will be necessary). Structural bracing and utilizing stained glass panels in windows and doors, as interior and exterior panels, will be discussed. We will also discuss safety, types of glass and tool options. Students purchase glass at class, beginning at approx. \$25 depending on size and complexity of project. Instructor: Marjorie Putnam (2 sessions). Class Fee: \$110
#30848 Apr 23 & May 7 Sa 10:00am-4:00pm

Glass – Fused Glass Introduction

Location: Pullen Arts Center
Age: 16yrs and up. This is a beginners fused glass class utilizing small scraps of Bullseye glass, stringers, powders, and frit. Students will make small (1-3 inch) jewelry pieces. Included will be instruction in glass compatibility, annealing, and sculpting.

Supply fee of approx. \$15 plus (depending on size and number of projects) payable at first class. Instructor: Marjorie Putnam (1 session). Class Fee: \$90
#30886 Feb 12 Sa 10:00am-3:00pm

International Folk Dance for Beginners

Location: Method Road Community Center
Age: 13yrs and up. Learn to dance like Zorba the Greek! Tap into another great source of exercising while learning other cultural folk dances. Class Fee: \$0
#33248 Feb 7-28 M 7:00-8:30pm

Jewelry – Advanced Bead Stringing

Location: Pullen Arts Center
Age: 13yrs and up. Join Instructor Sally Lewis for advanced bead stringing techniques, such as multi-strands and knotting. Materials not included. (1 session). Class Fee: \$20
#30839 Feb 23 W 7:15-9:45pm
#30840 Apr 27 W 7:15-9:45pm

Jewelry – Bead Stringing Workshop

Location: Pullen Arts Center
Age: 13yrs and up. Instructor Sally Lewis will teach you the history and lore of beads in this workshop. You will learn three bead stringing techniques as you make a necklace from your own bead collection or purchase your own beads at class. (1 session) Class Fee: \$20
#30837 Jan 26 W 7:15-9:15pm
#30838 Apr 6 W 7:15-9:15pm

Jewelry – Beginning Metal

Location: Pullen Arts Center
Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Studio supply fee of \$10 included in class fee. Students purchase silver for projects (orders taken first class, approx. \$15). (No class Jan 17 or Feb 2). Instructor: Betty McKim, Amy Veatch or Jennifer Cash (6 weeks). Class Fee: \$90
#31797 Jan 10-Feb 21 M 7:00-9:30pm
#31798 Jan 26-Mar 9 W 10:00am-12:30pm
#31799 Feb 23-Mar 30 W 7:00-9:30pm
#31800 Feb 24-Mar 31 Th 7:00-9:30pm

Jewelry – Enameling Introduction

Location: Pullen Arts Center
Age: 16yrs and up. This class will delve into the colorful world of enameling. The first 3 weeks will be spent investigating enameling techniques and various methods of application. Students will work independently for the remaining 3 weeks, on projects which will incorporate this new information. Prerequisite: Metal Jewelry, Metal Jewelry Continuing, and Hydraulic Press. \$10 studio supply fee included in class fee. Silver supplies can be ordered first class, approx \$10-20. Instructor: Staci Sawyer (6 weeks). Class Fee: \$90
#31072 Apr 6-May 11 W 7:00-9:30pm

Jewelry – Form with Function Workshop

Location: Pullen Arts Center
Age: 16yrs and up. This workshop will focus on constructing a small bowl or utilitarian object. We will also explore fold forming, raising and the use of the hydraulic press for making hollow forms. This workshop also provides a lot of metal working tips and techniques for use in the studio. Sign up early. Limited space. Instructor: Tim Lazure (2 sessions). Class Fee: \$96
#32736 Apr 9 & 10 Sa-Su 9:00am-4:00pm

Jewelry – Fun with Texture

Location: Pullen Arts Center
Age: 16yrs and up. This course will offer a unique way to explore surface by making punches and other tools for texturing metal. Various blacksmithing techniques such as tapers, scrolls and twists will also be introduced. Students will learn Keum Boo a Korean technique of fusing 24K gold to fine silver, which we will then apply to our textured metal sheets to make a piece of jewelry of your choice such as a pair of earrings or bracelet. This course is open to all levels of students with open and creative minds and a willingness to experiment. Studio supply fee of \$10 included in class fee. Students purchase silver and gold foil for Keum Boo, orders taken at first class, approx. \$25. Instructor: Gretchen McLaren (6 weeks). Class Fee: \$90
#31809 Jan 11-Feb 15 T 7:00-9:30pm

Jewelry – Hydraulic Press and Etching

Location: Pullen Arts Center
Age: 16yrs and up. This is an introductory class that will combine the use of the hydraulic press and instant etch process. Learn how to emboss, raise metal and make hollow forms while maintaining surface embellishment. Using the instant etch system we will transfer images to metal then chemically etch the metal. We will also use a more spontaneous etching method that will be done on copper and silver. Studio supply fee \$10 included in class fee. Metal to be ordered 1st class (approx. \$10-20). Prerequisite: Beginning Jewelry at Pullen Arts. Instructor: Amy Veatch (6 weeks). Class Fee: \$90
#31811 Apr 5-May 10 T 6:30-9:00pm

Jewelry – Metal Continuing

Location: Pullen Arts Center
Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting, and hollow form construction. Studio supply fee of \$10 included in class fee. Silver supplies ordered first class (approx. \$10-20). Prerequisite: Metal Jewelry at Pullen Arts. Instructor: Betty McKim (6 weeks). Class Fee: \$90
#31807 Mar 14-Apr 18 M 7:00-9:30pm
#31808 Mar 23-Apr 27 W 10:00am-12:30pm

Jewelry – Metals Open Studio

Location: Pullen Arts Center
Age: 16yrs and up. Do you have ideas or techniques you'd like to explore? Or maybe an unfinished project you'd like to complete? This is designed for participants who want to work more independently, but prefer a group environment with instructor assistance. Pre-requisite: Beginning Metal at Pullen Arts Center. \$10 supply fee included in class fee. Instructor: Staci Sawyer (6 weeks). Class Fee: \$90
#31077 Jan 12-Feb 16 W 7:00-9:30pm

Jewelry – Peyota

Location: Pullen Arts Center
Age: 13yrs and up. Peyota is a stitch, a technique of needle weaving used to create jewelry, decorative objects, or to embellish the everyday. Students will receive an introduction to this technique and make their own pieces. Instructor: Sally Lewis (1 session). Class Fee: \$20
#30841 Mar 23 W 7:15-9:15pm

Jewelry – Precious Metal Clay A

Location: Pullen Arts Center
Age: 16yrs and up. The focus of this class will be Pendants & Earrings. PMC silver is microscopic particles of silver suspended in an organic binder to create clay. After formation of a piece, it is fired in a kiln to burn away the binder leaving a solid, dense metal jewelry piece that is 99.9% fine silver. We will be working with PMC3, a low fire version of this product. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! The high costs of working with PMC products are offset by the reduction in time (and skills) needed to make a life treasure. Introductory classes are offered to make several types of jewelry. At the first class you take, there is a \$20 tool kit fee. In addition, there is a charge for supplies of one each: clay, paste, and syringe ('coil') of \$70 (total of 40gr of fine silver). Depending on how small you choose to work, these basic supplies could last for all three introductory classes. Any additional materials needed will incur additional cost. The initial Supply/Tool fees are payable to the instructor at the first class. The deadline to register for this course is Jan 14, 2005. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session) Class Fee: \$70
#30876 Jan 29 Sa 10:00am-2:00pm

Jewelry – Precious Metal Clay B

Location: Pullen Arts Center
Age: 16yrs and up. The focus of this class will be Rings & Hollow Beads. We will be working with PMC3, a low fire version of precious metal clay. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! Supply List: Beginners Tool Kit (\$20), Clay materials (\$70). The Beginners Tool Kit and clay

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Jewelry Precious Metal Clay B continued —

materials will be available for purchase from the instructor at the first class. The deadline to register for this course is Feb 11, 2005. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session). Class Fee: \$70
#30844 Feb 26 Sa 10:00am-2:00pm

Jewelry – Precious Metal Clay C

Location: Pullen Arts Center
Age: 16yrs and up. The focus of this class will be mounting fused glass. We will be working with PM3, a low fire version of precious metal clay. Using simple tools and your fingers, and without special skills, you will create fabulous jewelry to wear! Supply List: Beginners Tool Kit (\$20), Clay materials (\$70). The Beginners Tool Kit and clay materials will be available for purchase from the instructor at the first class. The deadline to register for this course is March 18, 2005. After this date call 831-6126 to check space availability. Instructor: Marjorie Putnam (1 session). Class Fee: \$70
#30847 Apr 2 Sa 10:00am-2:00pm

Jewelry – Triangle Bead Society

Location: Pullen Arts Center
Age: 10yrs and up. Every second Wednesday join other bead enthusiasts for 'Bead Talk!' - a discussion and sharing of bead knowledge. Participants pay a \$.75 participation fee each session.
#30871 Jan 12, Feb 9, Mar 9, Apr 13 W 7:30-9:30pm

Juggling for Dummies

Location: Method Road Community Center
Age: 10yrs and up. Have you ever wanted to juggle? This amazing art is no longer just for clowns. Juggling can actually trigger that non-dominant side of the brain. Believe it or not, using more of your brain can actually make you smarter and allow you to focus more. In addition to making you smarter, juggling is also a great stress relief. Excellent class for students of all ages during test taking time. Beginners are guaranteed to be juggling by the end of the first class. Class Fee: \$0
#33247 Jan 10-Apr 25 M 6:30-8:00am

Mat – Mat Cutting Orientation

Location: Sertoma Arts Center
Age: 16yrs and up. For those wishing to qualify to use our C&H mat cutter and shrink wrapper. Student should bring photo or artwork to mat in class (no larger than 8' x 10'). 1 session. Glen Wells instructs. Class Fee: \$22
#31802 Jan 11 T 6:30-9:30pm
#31803 Feb 16 W 12:30-3:30pm
#31804 Mar 24 Th 6:30-9:30pm
#31805 Apr 13 W 6:30-9:30pm

Music – Pine Cone-Irish

Location: Carolina Pines Community Center
Age: All Ages. Basic sessions give beginners the opportunity to learn to play both tradi-

tional and non-traditional instruments in a non-public atmosphere. Class Fee: 75¢
#32291 Jan 18 T 7:30-9:30pm
#32292 Feb 15 T 7:30-9:30pm
#32293 Mar 15 T 7:30-9:30pm
#32294 Apr 19 T 7:30-9:30pm

Painting – A Successful Portrait

Location: Sertoma Arts Center
Age: 16yrs and up. Advance your oil or acrylic painting skills to higher levels in Portraiture. The goal of the class is to manipulate lighting, perspective, and color to a more refined finish. Procedure and analysis outcome will depend heavily on your drawing and observation skills. One model for a two day pose. (small additional fee). You may also bring in-progress pieces for critique. Bring your lunch on Saturday. Luana Luconni Winner instructs. 2 sessions. Class Fee: \$95
#32812 Apr 23 Sa 9:00am-5:00pm
Apr 24 Su 1:00-5:00pm

Painting – Acrylic Beginning

Location: Pullen Arts Center
Age: 16yrs and up. Learn the versatility of acrylic painting while exploring composition, color, and the many techniques of this 'plastic paint.' Continuing students can work on their own with personal instruction. Students bring in their own materials, supply list provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#31097 Jan 11-Feb 15 T 7:00-9:00pm

Painting – Acrylics

Location: Sertoma Arts Center
Age: 16yrs and up. Beginning students will learn the basic techniques of using acrylic paints. Advanced students are welcome to work on their own projects with guidance from the instructor. 6 sessions. Toni Cappel instructs #31682 & 31683. Ed Hardy instructs #31684. Class Fee: \$79
#31682 Jan 25-Mar 1 T 1:00-3:30pm
#31683 Mar 29-May 3 T 1:00-3:30pm
#31684 Feb 1-Mar 8 T 7:00-9:30pm

Painting – Acrylics Intermediate

Location: Sertoma Arts Center
Age: 16yrs and up. This class is designed for the artist working on their own personal ideas. In the quest to become a better painter, this class offers individual guidance that you may be seeking. Instructor will help guide you to execute your own unique creative convictions through the discussion of subject matter, style and technique. Previous painting experience is required. 6 sessions. Ed Hardy instructs. Class Fee: \$79
#31680 Mar 29-May 3 T 7:00-9:30pm

Painting – Advanced

Location: Pullen Arts Center
Age: 16yrs and up. Beginner and intermediate painting classes are needed before taking this class. Each artist will be working with their own personal ideas and direction. The instructor will critique on techniques, materials, subject matter, record keeping, exhibitions,

matting & framing, and the business side of art. Some outside sketching if weather permits. Students have a choice of working in oils, acrylics, alkyds, watercolor, or mixed media. Students furnish their own supplies, materials list provided. Early registration urged. Instructor: Mary Anne K. Jenkins (6 weeks). Class Fee: \$70

#31082 Jan 5-Feb 9 W 9:30am-12:30pm
#31083 Jan 6-Feb 10 Th 9:30am-12:30pm
#31084 Feb 23-Mar 30 W 9:30am-12:30pm
#31085 Feb 24-Mar 31 Th 9:30am-12:30pm
#31086 Apr 13-May 18 W 9:30am-12:30pm
#31087 Apr 14-May 19 Th 9:30am-12:30pm

Painting – Beginning Watercolor

Location: Pullen Arts Center
Age: 16yrs and up. An evening of watercolor painting. Learn the basic techniques of paint application, color mixing, composition, and try some experiments that let your 'accidents' become the picture. A supply list will be given out upon registration. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$68
#31098 Jan 13-Feb 17 Th 7:00-9:00pm

Painting – Landscapes in Acrylics

Location: Sertoma Arts Center
Age: 16yrs and up. This workshop is for beginning and intermediate painters that want more knowledge in the traditional disciplines. Students will get individual guidance as well as group demonstrations. They will paint along step by step with the instructor. Workshop will focus on: color and color mixing, composition, perspective, contrast, focal and vanishing points. Students will also learn how to identify core components in an image. Critiques will also play an important role in strengthening the eye as an artist. 1 session. Ed Hardy instructs. Class Fee: \$60
#31678 Mar 26 Sa 9:30am-5:00pm

Painting – Learn How To Paint

Location: Pullen Arts Center
Age: 16yrs and up. In this beginning to intermediate class, students will explore their own style of painting using watercolor, gauche, acrylic or oil paints. Class will focus on subject matter choices, figure ground relationships, color mixing and composition. Students will work on their choice of subject matter, anything from abstract to highly stylized. Instruction on developing your style, marketing and showing work will be covered. Students provide their own materials. Drawing/painting background helpful. Instructor: Keith Norval (6 weeks). Class Fee: \$70
#31831 Jan 18-Feb 22 T 9:30am-12:30pm
#32158 Mar 8-Apr 12 T 9:30am-12:30pm

Painting – Oil Painting Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. This class will explore the versatility of oil painting techniques, as well as the care and use of materials. Students will focus on color, composition and texture. They will also reflect on famous

artists' works as references. No class on March 2nd. 6 sessions. Leslie Pruneau instructs. Class Fee: \$79
 #31024 Jan 26-Mar 9 W 7:00-9:30pm

Painting – Oil Painting Continuing

Location: Sertoma Arts Center
 Age: 16yrs and up. For anyone who has some experience in oil painting, this class will further explore your own style and technique. The students will receive personal instruction and critiques to strengthen their skills. Framing and exhibiting work will also be discussed. 6 sessions. Leslie Pruneau instructs. Class Fee: \$79
 #31025 Mar 30-May 4 W 7:00-9:30pm

Painting – Open Painting Studio

Location: Sertoma Arts Center
 Age: 16yrs and up. This open studio time is for drawing and painting. There is not an instructor, but always plenty of knowledgeable artists to share their talents. Anyone who is a student or former student of Sertoma Arts Center and has purchased a current studio card is eligible to participate. No Open Studio time on: Mar 11 & 25, Apr 15. Class Fee: \$0
 #32821 Jan 7-Apr 15 F 9:30am-4:30pm

Painting – Open Studio

Location: Pullen Arts Center
 Age: 16yrs and up. 'Like your handwriting, a painting is an expression of yourself and is authentic and unique to you. Painting is something I do for pleasure and relaxation.' This is instructor Don Mason's philosophy on painting. This course is an open studio environment where students work on their own projects. Beginners learn to paint in oils or acrylics. Continuing students receive personal attention with their ongoing projects. Students provide their own materials. (No class Jan 17) . Instructor: Don Mason (4 weeks). Class Fee: \$36
 #31088 Jan 3-31 M 9:30am-12:30pm
 #31089 Feb 14-Mar 7 M 9:30am-12:30pm
 #31090 Mar 14-Apr 4 M 9:30am-12:30pm
 #31091 Apr 11-May 2 M 9:30am-12:30pm

Painting – Pastel Painting Projects

Location: Sertoma Arts Center
 Age: 16yrs and up. This class will be better suited to the more experienced painter. Class will work on a specific project each week — landscape, still life or portrait. Discussion of composition, style and technique will be on an individual basis, always with the goal of producing a painting you will be proud of. 5 sessions. Micki Weeda instructs. Class Fee: \$79
 #31021 Apr 6-May 4 W 9:30am-12:30pm

Painting – PhotoArt Custom

Location: Green Road Community Center
 Age: 18yrs and up. Create your own masterpiece from an original photograph! The pixel elements of a photo are translated onto canvas, ready for you to paint. This easy technique is called Pointillistic Painting, and can allow you to create a wonderful original painting to enjoy or give as a gift.

In class, students will be shown examples of completed works and receive instruction on the painting process, along with helpful tips and techniques. Students will be given a sample to complete in class. No painting experience is required! Please bring 2-3 of your favorite photographs to the first class. A supplies fee may apply depending on if the student wishes to purchase an additional canvas(es). Class Fee: \$12
 #32254 Feb 5-19 Sa 10:00am-12:00pm
 #32255 Apr 6-20 W 10:00am-12:00pm

Painting – PhotoArt Gallery Rose

Location: Green Road Community Center
 Age: 18yrs and up. Create your own painted masterpiece! In this class, students will be introduced to a technique called Pointillistic Painting, where the pixel elements of a photo are translated onto canvas, ready for you to paint. Students with no painting experience will be able to create a wonderful piece of art to display, or to give as a gift. In class, students will be shown examples of completed works and receive instruction on the painting process, along with helpful tips and techniques. Students will be given a sample to complete in class. Students will then be supplied with a canvas to begin in class and complete at home. A supplies fee of \$30 is due to the instructor at the first class. Class Fee: \$12
 #32256 Jan 8-22 Sa 10:00am-12:00pm
 #32257 Feb 16-Mar 2 W 6:30-8:30pm

Painting – Power Pastels

Location: Sertoma Arts Center
 Age: 16yrs and up. What is missing? Are your paintings fine but not fabulous? Let us begin a two day project together (from your reference materials or set ups). Start with power and maintain the excitement through to the end of your visual message. You may also bring in-progress pieces for critique. Bring your lunch on Saturday. 2 sessions. Luana Luconni Winner instructs. Class Fee: \$95
 #32833 Feb 5 Sa 9:00am-5:00pm
 Feb 6 Su 1:00-5:00pm

Painting – Stained Paper and Collage

Location: Sertoma Arts Center
 Age: 16yrs and up. This class will take you in new directions, using either acrylics or watercolors, combined with collage. The goal of this class is to help you enjoy the process of exploring a new and exciting means of expression. All skill levels are welcome. No painting experience is necessary. 3 sessions. Patsy Skinner instructs. Class Fee: \$65
 #31019 Mar 11 F 12:30-4:30pm
 Mar 12 Sa 10:00am-2:30pm
 Mar 13 Su 1:00-4:30pm

Painting – Still Life with Flowers

Location: Sertoma Arts Center
 Age: 16yrs and up. This is a class for the watercolorist with some experience. Instructor is a student of Charles Reid and will begin each class with a demonstration painting. Students will then do their own paintings from set up or photograph provided by the instructor. Class will end with a show

and tell. 3 sessions. Jean Oakley instructs. Class Fee: \$65
 #31020 Apr 15 F 12:30-4:30pm
 Apr 16 Sa 10:00am-2:30pm
 Apr 17 Su 1:00-4:30pm

Painting – Surrealist Painting

Location: Pullen Arts Center
 Age: 16yrs and up. Students will use the techniques of automatic drawing, exquisite corpse, and collage to generate ideas for a surrealist painting. In addition students will study the works of Dali, Hoch, Varo, Earnst, Magritte, and Dechirco. Supply list provided. Instructor: Anna Podris (6 weeks) Class Fee: \$68
 #31107 Mar 9-Apr 13 W 7:30-9:30pm

Painting – Time for Watercolor

Location: Pullen Arts Center
 Age: 16yrs and up. This course will accommodate both beginning and continuing students. Each class will begin with a demonstration focusing on a variety of watercolor techniques. Students will then work using photographs and other visual aids. Emphasis will be on achieving bold watercolors using fewer strokes. We will explore color mixing, perspective, composition, values, and principles and elements of design. If you are interested in taking your art to the next level, this course is for you! Instructor: Janis Johnson (6 sessions). Class Fee: \$68
 #32151 Jan 25-Mar 1 T 9:30am-12:00pm
 #32153 Mar 29-May 3 T 9:30am-12:00pm

Painting – Watercolor Pencil Techniques

Location: Sertoma Arts Center
 Age: 16yrs and up. This class teaches techniques that explore the use of watercolor pencils. Students will learn new and exciting ways to use pencils through hands-on exercises given by instructor. Beginning students are welcome as well as those with watercolor experience. 6 sessions. Dawn Ray instructs. Class Fee: \$79
 #32198 Jan 31-Mar 7 M 7:00-9:30pm

Painting – Watercolor Beginning

Location: Sertoma Arts Center
 Age: 16yrs and up. This course takes a close look at the unique qualities of watercolor and its techniques, including general setup, brush handling, washes and glazes, color mixing, wet-on-dry, wet-on-wet, and dry-brush applications. Demos will be provided and students will be guided through a series of hands-on painting exercises designed to increase their understanding of the basic concepts. 6 sessions. Julie Eastman instructs. Class Fee: \$79
 #31022 Feb 7-Mar 14 M 1:00-3:30pm

Painting – Watercolor Continuing

Location: Sertoma Arts Center
 Age: 16yrs and up. This course is geared for the continuing student, with emphasis on mastering basic watercolor techniques.

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Painting Watercolor Continuing continued —

Through exercises, still life, and painting from photos, students will expand their knowledge of how to exploit the color, texture, and spontaneity that are unique to watercolor. There will also be some discussion about experimental and nontraditional approaches. 6 sessions. Julie Eastman instructs. Class Fee: \$79
#31023 Apr 4-May 9 M 1:00-3:30pm

Painting Studio – Continuing

Location: Pullen Arts Center
Age: 16yrs and up. This class is for any continuing painter with some experience or someone who needs a refresher. Students may work independently from photos or drawings, or from subjects within the studio such as still lifes and interiors. We will challenge the 'picture plane,' the 'palette,' and the 'approach,' while building confidence in your technique. Students bring their own supplies. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$48
#31103 Mar 3-Apr 7 Th 7:00-9:00pm

Photography – Beginning Darkroom

Location: Sertoma Arts Center
Age: 16yrs and up. Learn how to process black and white film and print your own pictures in the darkroom in this fun and informative class. Students supply materials and should bring their empty 35mm camera to first meeting. 6 sessions. Jill Snyder instructs. Class Fee: \$68
#32535 Feb 28-Apr 4 M 7:00-9:30pm

Photography – Darkroom Orientation

Location: Sertoma Arts Center
Age: 16yrs and up. For those who know how to use a black and white darkroom and wish to qualify for Open Darkroom at Sertoma. After completion of orientation, users purchase a studio card to use the darkroom and then furnish their own materials. 1 session. David Simonton instructs. Class Fee: \$22
#32546 Jan 12 W 6:00-7:00pm
#32547 Feb 9 W 6:00-7:00pm
#32548 Mar 14 M 6:00-7:00pm
#32549 Apr 4 M 6:00-7:00pm

Photography – Nature Photography I

Location: Sertoma Arts Center
Age: 16yrs and up. Why have washed out or unwanted silhouette shots in your repertoire? Find out how to eliminate that and get more 'wows' out of your photos! Why does that digital shot look different in your camera, on your computer screen and on paper? This one day session will discuss that and many other topics specifically related to nature photography....film and digital. Equipment, tradeoff between shutter speed, f-stop and light conditions, composition, places to shoot and much more. We'll also take some time for optional critiques and some shooting outdoors. Includes the workshop notes, reprints, a roll of film and more. 1-day workshop with half-hour lunch break. Sol Levine instructs. Class Fee: \$72
#32799 Feb 19 Sa 9:15am-2:45pm

Photography – Nature Photography II

Location: Sertoma Arts Center
Age: 16yrs and up. More time, more information, more practice and a contest!!! This session will cover all of the material described above with some added detail plus several added features....the key one: practical experience. We'll have a shooting session in the afternoon and have the shots (film or digital) printed for review on the second day. We'll review the photos, discuss them and then choose the 'shot of the day' for a prize. We'll even have a quiz (everyone passes!), a longer question and answer period and just some fun with photography. Day and a half workshop. \$10 fee for developing/printing due to instructor on first day of workshop. Sol Levine instructs. Class Fee: \$98
#32801 Mar 19 Sa 9:15am-2:45pm
Mar 20 Su 1:15-4:45pm

Picture Framing Basics

Location: Pullen Arts Center
Age: 16yrs and up. This class covers all the basics of framing artwork. Students will design a frame and complete it during the class. Included will be exploration of framing options, mat cutting, design, and construction. Workshop leader Jesse Goslen will share over thirty years of experience as a picture framer, molding manufacturer, gallery owner, and an artist's son. Supply costs: \$25-\$100 depending on size and design of framing. Students bring framing project to first class. Instructor: Jesse Goslen (5 weeks). Class Fee: \$68
#30842 Jan 18-Feb 15 T 7:00-9:00pm
#30843 Mar 15-Apr 12 T 7:00-9:00pm

Piles and Miles of Photographs

Location: Laurel Hills Community Center
Age: 18yrs and up. Are your photos under the bed? Thrown in a box? Scattered throughout the house? Learn how to organize your photos and use them to create a family heirloom. The class begins with a presentation on how to design safe, meaningful and creative albums. The rest of the time will include a hands on workshop. You'll learn simple techniques for making a beautiful personalized album. Students will complete a single page. Please bring 8-10 photos to the class. All other supplies will be provided. This class is taught by a Creative Memories Consultant. Class Fee: \$20
#32881 Feb 4 F 7:00-9:45pm

Pottery – Beginning Wheel

Location: Pullen Arts Center
Age: 16yrs and up. Wheel thrown pottery is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Supply fee approx. \$22 payable at first

class. Instructors: Sherry Nicholson (#30854, #30856); Niel Hora (#30850, #30857); Jamie Kirkpatrick (#30852, #30851, #30855). (7 weeks). Class Fee: \$81
#30850 Jan 18-Mar 1 T 7:00-9:30pm
#30851 Jan 18-Mar 1 T 9:30am-12:00pm
#30852 Jan 19-Mar 2 W 7:00-9:30pm
#30854 Jan 24-Mar 7 M 7:00-9:30pm
#30855 Mar 15-Apr 26 T 9:30am-12:00pm
#30857 Mar 15-Apr 26 T 7:00-9:30pm
#30856 Mar 21-May 2 M 7:00-9:30pm

Pottery – Coffee Pot Serving Sets

Location: Pullen Arts Center
Age: 16yrs and up. Creating coffee pot serving sets (including mugs and cups/saucers) will be the objective for this class. In this workshop, you will learn different techniques for making and designing different shapes for your serving set(s). Good forms tend to emerge from a high yield of work. The instructor will work in a 'production pottery' mode and will assist you to become more comfortable in this mode. We will explore the results of our high yield. We will recycle the rejected ideas and continue to work with the few 'chosen ones'. This workshop will be an exercise, which will help with the development of your proficiency through multiplicity and consistency. We will explore two different coffee pot designs; one of which will be simply presented as a lidded pouring container for the already brewed and filtered coffee, the other design will explore a sectional container consisting of an upper filter chamber into which hot water can be directly poured. Both coffee pot designs will be constructed with a sieve as an added component for the option of brewing loose tea leaves. We will explore techniques for constructing the parts (handle, lids and spouts) of your serving set(s) in order to determine which style works with your particular vessel design(s). The design of these functional elements will be based on the premise that they should be enticing to the eye, the hand, and at the same time be 'user friendly'. We will explore ways of personalizing your work, to make it extraordinarily and uniquely yours. Demonstrated will be throwing techniques using as little water as possible, which allows for taller and more stable cylinders from which to work as well as assist in the immediate wedging and reuse of rejected forms. Prerequisite: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jamie Kirkpatrick. (6 weeks). Class Fee: \$71
#32253 Mar 17-Apr 21 Th 7:00-9:30pm

Pottery – Continuing Wheel

Location: Pullen Arts Center
Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approx. \$16 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Jamie Kirkpatrick (7 weeks). Class Fee: \$81
#30858 Mar 16-Apr 27 W 7:00-9:30pm

Pottery – Glaze Palette Intro

Location: Pullen Arts Center

Age: 16yrs and up. This class offers a more in-depth look at glazes, slips and their applications. Prerequisite: currently enrolled in or previously taken a beginner wheel or hand-building class at Pullen or Sertoma Arts Center. Instructor: Trish Pattishall (1 session). Class Fee: \$12
 #30875 Mar 9 W 7:00-8:30pm

Pottery – Handbuilding Techniques Intro

Location: Pullen Arts Center

Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! We will cover the basics of hand building with clay—we will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. Supply fee approx. \$22 payable at first class. Instructor: Jennifer Garulski Stas (6 weeks). Class Fee: \$71
 #30872 Jan 24-Feb 28 M 7:00-9:30pm
 #30873 Mar 14-Apr 18 M 7:00-9:30pm
 #30874 Jan 20-Feb 24 Th 2:00-4:30pm

Pottery – Handbuilt Containers

Location: Pullen Arts Center

Age: 16yrs and up. Yes, the handbuilt container. Bottles with stoppers, canisters with lids, planters or flower boxes—we will learn some basic construction techniques regarding building with slabs. What do you need to contain? An herb garden in your window? Casseroles and cookies? Recipes for casseroles and cookies? Whether you are interested in the arithmetical aspect of building a precise shape with stiff slabs or the loose and immediate movement offered by soft slab construction, we'll be utilizing both processes in regards to the container. Demonstrations will include different methods of building the body, cover or stopper, handle(s) and base of a piece. Build a series of covered jars for your home or flower pots for your garden! Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Jennifer Garulski Stas (6 weeks). Class Fee: \$71
 #31790 Jan 19-Feb 23 W 7:00-9:30pm

Pottery – Just Jars

Location: Pullen Arts Center

Age: 16yrs and up. What are the requirements to make a good storage jar? From general to specific, jars can house a variety of items. In this class we will uncover the many aspects of jars, including interior volume, accessibility, lids and knobs. For instance, we will talk about different lid types and the visual stories that they tell. The final assignment will be to make a jar for your favorite item. Along with class discussions, most instruction will involve working on the potter's wheel, but some handbuilding techniques will be addressed. Depending on how much time and interest, we will consider glazing and surface decorations. Pre-requi-

site: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Instructor: Niel Hora (6 weeks) Class Fee: \$71
 #31748 Jan 20-Feb 24 Th 7:00-9:30pm

Pottery – Raku Firing

Location: Pullen Arts Center

Age: 16yrs and up. During the first weekend of a 2-weekend workshop, we will explore forms to be fired in the Raku kiln. Demonstrations will include throwing techniques using as little water as possible, which allows for taller and more stable cylinders from which to expand, decorate, etc. We will discuss the history of Raku, our low-fire version of this process in America, and the firing technique and glazes used. Application of glazes and how they differ from high-fire glazes and glazing techniques will be demonstrated. We will examine the tools and safety equipment used during the firing. The second weekend of this workshop (Mar 5 & 6) will be dedicated to firing your work in the Raku kiln. Your work should be bisque-fired and glazed prior to this weekend. Prerequisite: Beginning Wheel at Pullen or Sertoma Arts. Supply fee of approx. \$16 (for clay) payable at first class. Kiln firing fee included in class registration fee. Instructor: Jamie Kirkpatrick (2 weekend sessions separated by a month) Class Fee: \$91
 #32245 Jan 29 & 30 Mar 6 & 7 Sa-Su 10:00am-5:00pm

Printmaking – Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Unique cards, one of a kind works of art, posters, fine art prints, and so much more are possible with the use of Pullen Art Center's new printing press! In this beginning printmaking class we will cover drypoint, linoleum, and collagraph printmaking. We will work on pulling editions using the center's Whelan Printing Press and also by hand. Students will create an edition of 10 prints. Supply list provided. Instructor: Keith Norval (6 weeks). Class Fee: \$68
 #31079 Mar 10-Apr 14 Th 7:00-9:00pm

Printmaking – Linoleum Block Intro

Location: Pullen Arts Center

Age: 16yrs and up. Create crisp, high contrast works of art for greeting cards, flyers, posters, illustrations or fine art prints. This class covers basic linoleum printmaking techniques. We will cover the selection of a suitable image, transferring it to the block, carving techniques, as well as pulling prints. Create an edition of 10 original prints using hand pulling techniques and the printing press. Supply List provided. Instructor: Keith Norval (6 weeks). Class Fee: \$68
 #31078 Jan 20-Feb 24 Th 7:00-9:00pm

Printmaking – Monoprinting Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Create painterly, one-of-a-kind works of art using Pullen Arts' new professional press! Achieve the effects

of monoprinting that are not possible in any other medium. This class will take an experimental approach in covering the beginning techniques of additive and subtractive monoprinting. We will create monoprints from found images as well as from our own drawings. The class will culminate in a print exchange. Supply fee approx \$10 (for inks) included in class fee. Additional Supply List provided. Instructor: Anna Podris (6 weeks). Class Fee: \$68
 #31080 Jan 18-Feb 22 T 7:30-9:30pm

Printmaking – Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. This intermediate level class will give participants with printmaking experience an opportunity to use Pullen Arts' Printmaking studio. The studio will be open to printmakers who want to work independently on personal projects and to share ideas and techniques with other printmakers. Instructor will be available to offer advice and feedback. Instructor: Anna Podris (4 weeks). Class Fee: \$49
 #31081 Mar 8-29 T 7:30-9:30pm

Printmaking – Screen Printing Intro

Location: Pullen Arts Center

Age: 16yrs and up. Learn basic screen printing methods that can be used for printing tee-shirts, stickers, small to large editions of prints, or one of a kind pictures. Further exploration into relief and mixed media process as well as a range of mono print techniques will be demonstrated. Instructor: Oliver Wagner (4 weeks). Class Fee: \$58
 #31070 Feb 23-Mar 16 W 7:00-9:00pm
 #31071 Apr 5-26 T 7:00-9:00pm

Quilting – Beginning

Location: Green Road Community Center

Age: 14yrs and up. Students will learn the basics of quilting, from quilting terminology to fabric selection to cutting and piecing blocks together to make quilts of your own. Students will need to bring their sewing machine; students may also quilt by hand piecing if they do not own a sewing machine. Students should also bring a basic sewing kit, a rotary cutter (if they have one; if not, instructor will have some on hand) and the fabric pieces of their choice. Class Fee: \$36
 #31937 Feb 15-Mar 8 T 6:30-8:30pm
 #31938 Mar 15-Apr 5 T 6:30-8:30pm
 #31939 Apr 12-May 3 T 6:30-8:30pm

Quilting Workshop

Location: Green Road Community Center

Age: 18yrs and up. Interested in learning to quilt, but not sure how to begin? Know how to sew, but want to learn quilting? Our beginning quilting seminar will show you how to get started! This one-time workshop will introduce students to the basics of quilting. Students should bring a basic sewing kit and the fabric pieces of their choice. Further instruction will be offered through additional

Quilting Workshop continued next page —

Quilting Workshop continued —

quilting classes, scheduled to begin the next week after each workshop. Class Fee: \$10

#31934	Feb 12	Sa	9:30am-11:30pm
#31935	Mar 12	Sa	9:30am-11:30am
#31936	Apr 9	Sa	9:30am-11:30am

Scrapbook Gift – Photo Sharing Cards

Location: Green Road Community Center
Age: 18yrs and up. Participants will learn how to create photo sharing cards to give as gifts. A \$10 supplies fee is due to instructor at class time to allow the creation of a photo sharing card (participants will add photos at home to give as gifts). Perfect for Mother's Day, Graduation or Father's Day Albums!
Class Fee: \$25

#31475	Apr 14	Th	6:00-8:00pm
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Scrapbook Gifts – Photo Sharing Card

Location: Pullen Community Center
Age: 14-18 yrs. Participants will learn how to create photo sharing cards to give as gifts. Supplies fee of \$10 will allow creation of a photo sharing card. Participants will add photos at home to give as a gift. Class Fee: \$25

#32003	Apr 12	T	7:00-9:00pm
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Scrapbooking – Adoption Lifebook

Location: Green Road Community Center
Age: 18yrs and up. Designed specifically for families with adopted children, an adoption lifebook tells the story of how your special family was formed, placing your child at the center of the story. In this workshop, participants will begin and work on lifebooks for their adopted children. Instructor is a Creative Memories consultant and an adoptive parent! Class Fee: \$25

#31474	Feb 28	M	7:00-9:00pm
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Scrapbooks – Complete Album in a Month!

Age: 18yrs and up. In 4 two-hour sessions, participants will organize materials, crop photos and prepare memorabilia, design a layout, and complete an entire album. A great project to start the new year! Class fee will include all supplies necessary for the entire class. No class will be held Jan 17. Class Fee: \$70

Green Road

#31480	Jan 10-Feb 7	M	7:00-9:00pm
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Pullen Community

#32004	Apr 4-25	M	6:00-8:00pm
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Square Dance – Merry Mixers

Location: Brentwood Park
Age: 18yrs and up. Come join us for some old fashioned fun! Advanced square dance lessons offered at Brentwood Community Center. Vance McDaniel is the caller for this lively group! Dues are payable to instructor. Class Fee: \$0

#31915	Jan 5-26	W	8:00-10:00pm
#31916	Feb 2-23	W	8:00-10:00pm
#31917	Mar 2-30	W	8:00-10:00pm
#31918	Apr 6-27	W	8:00-10:00pm

Studio Participation Card at Pullen Arts

Location: Pullen Arts Center
Age: 16yrs and up. Studio Participation Cards are available for qualified participants at Pullen Arts Center. Possession of a current Studio Card allows free access to the clay, jewelry, printmaking, and weaving studios by people qualified to work in them. Pre-requisite for purchasing a studio card is successful completion of a Pullen Arts beginner level course in each respective studio area. For information on purchasing a studio card contact the Pullen Arts Front Desk staff at 831-6126.

Sweetheart Greeting Card

Location: Method Road Community Center
Age: 13yrs and up. Create your sweetheart greeting cards! This art of using pressed flowers and other fine materials will make a wonderful keepsake Valentine gift card that will always be cherished. Surprise your Valentine or donate your special card to a special Senior. Class Fee: \$2

#33250	Feb 10	Th	7:00-8:30pm
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Weaving Fundamentals – Dress A Loom

Location: Pullen Arts Center
Age: 16yrs and up. If you have ever wanted to learn loom weaving from start to finish, this is the class for you. Learning to plan and make a warp, dress and pattern a loom, finishing techniques, yarn types and color choices are all areas that will be covered. The hands on part of the class will be a simple project on a table loom. Some time outside of class will be needed to weave your project. Materials are approximately \$10 and will be paid during class. Attendance at first class is mandatory. (No class Jan 17). Instructor: Sharon Petrides (5 weeks). Class Fee: \$65

#30860	Jan 10-Feb 14	M	7:00-10:00pm
#30861	Feb 28-Mar 28	M	7:00-10:00pm
#30862	Apr 11-May 9	M	7:00-10:00pm

Weaving On The Floor Loom

Location: Pullen Arts Center
Age: 16yrs and up. Wandering Vine, Martha Washington, Whig Rose, Lee's Surrender; the names sound like history. These are just a few of the patterns on our 18 floor looms. You can weave coverlets, tea towels, baby blankets, and more on looms warped with exact duplications of 100-200 year old patterns. 1st class: Learn plain and pattern weave on the tea towel looms. 2nd class: Weave on a wider loom and work on a more complex project. (This project will be priced separately from class fee.) Common problems and repair techniques will be discussed. After completing the orientation purchase a participation card and pay the loom reservation fee to use the studio. Instructor:

Sharon Petrides (2 sessions). Class Fee: \$30

#30863	Jan 18-20	T,Th	2:00-5:00pm
#30864	Feb 1-3	T,Th	2:00-5:00pm
#30865	Feb 15-17	T,Th	2:00-5:00pm
#30866	Mar 1-3	T,Th	2:00-5:00pm
#30867	Mar 15-17	T,Th	2:00-5:00pm
#30868	Mar 29-31	T,Th	2:00-5:00pm
#30869	Apr 12-14	T,Th	2:00-5:00pm
#30870	Apr 26-28	T,Th	2:00-5:00pm

Family**Cardinal Singers Concert**

Location: Sertoma Arts Center
Age: All Ages. Come out and enjoy show-tunes and classics presented by this group of highly talented female vocalists. You'll be singing, humming, and tapping your feet along with all these songs! Class Fee: \$32927

Apr 24	Su	3:00-4:30pm
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Ceramics Studio

Location: Chavis Community Center
Age: 5yrs and up. Learn to pour, clean, glaze, and paint hand made ceramic pieces. Hundreds of molds to choose from!!! Work independently or with the help of experienced instructor. Class Fee: \$6

#33144	Jan 3-Apr 28	M-Th	4:30-9:30pm
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Gallery Exhibits at Pullen Arts

Location: Pullen Arts Center
Age: 1yrs and up. Pullen Arts Center's Gallery program features rotating exhibits by area, regional & national artists. Exhibits are on display in the lobby during the Center's normal operating hours. Artists interested in being considered for an exhibit can contact Betty McKim at 831-6126.

Pottery by Niel Hora

#31001	Jan 1-31
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Sculpture by Francis Alvanina, Pottery by Kathy Phillips, and Gourds by Jim Phillips

#31002	Feb 1-28
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East Carolina University Metals Department Graduate Students Show

#31003	Mar 1-31
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Prints by Carrie Knowles

#31004	Apr 1-30
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Gallery Exhibits at Sertoma Arts

Location: Sertoma Arts Center
Age: All Ages. Come out and see the beautiful art works of local artists, including instructors' and students' masterpieces. Most art work is for sale; inquire at the front desk for prices and the best time to view exhibits in the Raleigh Room. Hall Gallery and Display Case Exhibits are available for viewing during our open hours. Class Fee: \$0

January

Raleigh Room, Hall Gallery & Display Case
All Media Art Exhibit by Sertoma Arts Center's students, patrons and instructors. Reception: Friday, Jan 7, 2005 from 5-7pm. The public is invited.

February

Raleigh Room - Photography by Jerry Green
Hall Gallery - "Just People" photography by Steve Worthy
Display Case - Pottery by Ronan Peterson

March

Raleigh Room - Photography by Eric Bansleben
Hall Gallery - Paintings by Tanya Phillips >

Display Case - Pottery by Jean Manikan

April

Raleigh Room/Hall Gallery - Annual painting exhibit by the Sertoma Park Artists
Display Case - Pottery by Tim Cherry

Most art work is for sale. Inquire at front desk for prices and best time to view exhibitions in the Raleigh Room.

Music – Middle Eastern Drum Class

Location: Lake Lynn Community Center
Age: 10yrs and up. Learn exotic rhythms of the Middle Eastern drum. From the very basics to performance level, instructor Ken Ashley can lead you to expressing your heart-beat with the 'dumbek' a traditional drum used for belly dance music. Class Fee: \$60

#31742	Jan 3-Feb 7	M	7:00-8:30pm
#31743	Feb 21-Mar 28	M	7:00-8:30pm

Athletic Teams/Leagues

Youth

Youth Baseball and Softball Athletic Districts

Youth Athletic District A

Lake Lynn Center and Optimist Center

Youth Athletic District B

Lions Center, Green Road Center and Millbrook Exchange Center

Youth Athletic District C

Jaycee Center, Laurel Hills Center and Method Center

Youth Athletic District D

Biltmore Hills Center, Carolina Pines, Chavis Center, Roberts Center, Tarboro Road, Walnut Terrace, Ralph Campbell, Halifax, Southgate, and Worthdale Center

The program registration form in this brochure is not valid for youth athletics. Youth athletic registration forms will be available at all Community Centers by February 7. You may also print a copy from the Web page at parks.raleighnc.gov

Baseball Spring Youth League

Play Ball! Leagues are offered for the following age groups: 13-14, 15-16 and 17-18 year olds. League age is determined by the age of the participant on July 31, 2005. The 13-14 age groups will start practice the middle of March. The 15-16 and 17-18 ages group will not start practice until mid May. Class Fee: \$27
Registration runs from February 14-27.

Pony Baseball ages 13 & 14

#31887	Mar 12-Jun 10	Daily	9:00am-8:00pm
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Pony Baseball ages 13 & 14

#31888	Mar 12-Jun 10	Daily	9:00am-8:00pm
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Colt Baseball ages 15-16

#33512	May 16-Jul 24	F-W	5:30-10:00pm
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Palomino Baseball ages 17-18

#33513	May 16-Jul 24	Daily	5:30-10:00pm
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Baseball

Spring Youth League District A

District A includes Optimist Center and Lake Lynn Center. Baseball leagues will be offered for the following age groups: 5-6, 7-8,

9-10, and 11-12. League age is determined by the participant's age as of July 31, 2005. Games and practices will be held in city parks within District A. Class Fee: \$27
Registration runs from February 14-27.

T-ball ages 5 & 6

#31791	Mar 12-Jun 24	Sa,M-Sa	6:00-9:00pm
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Pinto ages 7 & 8

#31792	Mar 12-Jun 24	Sa,M-Sa	6:00-9:00pm
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Mustang ages 9 & 10

#32264	Mar 12-Jun 24	Sa,M-Sa	6:00-9:00pm
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Bronco ages 11 & 12

#32277	Mar 12-Jun 24	Sa,M-Sa	6:00-9:00pm
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Baseball Spring Youth League District B

Batter Up! Raleigh Parks and Recreation offers youth baseball in northeast Raleigh through the Lions Park Center, Green Road Center, and Millbrook Exchange Center. District B baseball leagues will be offered for the following ages groups: 5-6, 7-8, 9-10, and 11-12. League age is determined by the participant's age as of July 31, 2005. Practices and games could be played at one or more of the parks within the district including Buffalo Road Athletic Park, Spring Forest Road Park, Marsh Creek Park, Lions Park and Brentwood Park. Class Fee: \$27
Registration runs from February 14-27.

#32007	TBall	ages 5-6
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#32008	Pinto	ages 7-8
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#32009	Mustang Baseball	ages 9-10
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#32010	Bronco Baseball	ages 11-12
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Baseball

Spring Youth League District C

Baseball fever— Catch it! Raleigh Parks and Recreation Department offers youth baseball in District C at Method Park, Jaycee Park and Laurel Hills Park. All games and practices will be held at these parks in addition to other fields within the district. Baseball leagues will be offered for the following age groups: 5-6, 7-8, 9-10, 11-12. Each participant must provide a copy of birth verification at registration and must have insurance. League age is determined by the participant's age as of July 31st of the current year. Class Fee: \$27
Registration runs from February 14-27.

T-ball ages 5 & 6

#32760	Mar 28-Jun 25	M,W,Sa	6:00-8:00pm
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Pinto ages 7 & 8

#32761	Mar 29-Jun 25	T,Th,Sa	6:00-8:00pm
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Mustang ages 9 & 10

#32762	Mar 12-Jun 10	T,Th-Sa	9:00am-3:00pm
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Bronco ages 11 & 12

#32763	Mar 12-Jun 10	Sa,M,W,F	9:00am-3:00pm
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Baseball

Spring Youth League District D

The athletic department in coordination with the community centers throughout Raleigh offers youth baseball for ages 5-12 yrs. Each participant has to provide a copy of birth verification and must have insurance. League age is determined by the participant's age as of July 31st of the current year Games and practices will be held at the following District D sites Biltmore Hills, Chavis, Carolina Pines, Roberts, Worthdale, Walnut Terrace, Halifax, and Tarboro Rd.

Registration runs from February 14-27. Class Fee: \$27. Registration runs from February 14-27.

T-Ball ages 5 & 6

#32774	Mar 26-Jun 18	Sa	9:00am-12:00pm
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Pinto ages 7 & 8

#32775	Mar 26-May 28	Sa	9:00am-12:00pm
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Mustang ages 9 & 10

#32776	Mar 29-Jun 2	T,Th	6:00-9:00pm
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Bronco ages 11 & 12

#32777	Mar 28-Jun 1	M,W	6:00-9:00pm
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Basketball - Basketball 1

Location: Carolina Pines Community Center
Age: 10-12 yrs. Spring basketball league for Boys and Girls. No Games schedule the week of End of Grade Testing. All games will be played at Carolina Pines on Tuesdays and Thursdays. Call Carolina Pines for more information. Class Fee: \$35

#32807	Apr 12-May 19	T,Th	6:00-8:00pm
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Basketball - Easter Hoops

Location: Roberts Park Community Center
Age: 13-14 yrs. A Double Elimination Basketball Tournament. After 2 defeats, your team is out. A great way to play hoops, stay in shape and have fun. Registration: March 28-April 8. Players may not turn 15 prior to May 1, 2005. Only 6 teams accepted. Class Fee: \$12

#32408	Apr 23	Sa	10:00am-1:00pm
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Inline Hockey Youth League

Location: Marsh Creek Park
Age: 7-10 yrs. Youth Inline Hockey Leagues for the following age divisions: 7-10, 11-13, and 14-16. League age is determined by child's age as of July 31, 2005. Skill levels include beginner, intermediate, and experienced players. Practices will begin in February with games to be played March through May. All games and practices are at Marsh Creek Park. Class Fee: \$42.
Registration runs from January 17-30.

Ages 7-10

#30565	Feb 12-Apr 21	Sa,T,Th	9:00am-3:00pm
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Ages 11-13

#30566	Feb 12-Apr 21	Sa,T,Th	9:00am-3:00pm
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Ages 14-16

#30567	Feb 12-Apr 21	Sa,T,Th	9:00am-3:00pm
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Junior Team Tennis

Location: Millbrook Tennis Center
Age: 8-18 yrs. For girls and boys who can play full court tennis, keep score, serve from the baseline and have played singles and doubles matches. This program includes a weekly practice and a Saturday match against city, club and subdivision teams. At practice you will work on strokes, shot combinations and singles and doubles strategy. The Saturday matches will last for 1.5 hours. Tryouts for new players to the league will be March 10 & 12. Class Fee: \$35

Lacrosse Boys League

Location: Halifax Community Center
Lacrosse for boys in 3rd through 8th grade. Practices will start March 19 at Halifax Park

Lacrosse Boys League continued next page —

Lacross Boys League continued —

Field. Class Fee: \$42. Registration runs from February 7-20.

#32467 Mar 19-May 7 Sa 9:00am-4:00pm

Lacrosse Girls League

Location: Halifax Community Center

Lacrosse for girls in the 3rd through 12th grade. Practice will start March 19 at Halifax Park Field. All participants must provide their own stick. Class Fee: \$42. Registration runs from February 7-20.

#32471 Mar 19-May 7 Sa 9:00am-4:00pm

Softball**Spring Youth League District A**

Lets play ball! Girls slow pitch softball leagues will be offered in North Raleigh by Optimist Center and Lake Lynn Centers in District A. Girls ages 10-12; 13-16 are eligible to play. League age is determined by the participant's age as of July 31, 2005. Class Fee: \$27. Registration runs from February 14-27.

Girls Slow Pitch ages 12 and under

#32415 Mar 29-Jul 9 T,Th,Sa 6:00-9:00pm

Girls Slow Pitch ages 16 and under

#32419 Mar 30-Jul 11 W,M 6:00-9:00pm

Softball**Spring Youth League District B**

Lets play ball! Girls slow pitch softball leagues will be offered in northeast Raleigh by Green Road, Lions Park and Millbrook Exchange Centers in district B. Girls ages 6-9; 10-12; 13-16 are eligible to play. League age is determined by the participant's age as of July 31, 2005. Class Fee: \$27. Registration runs from February 14-27.

#32032 Ages 6-9

#32039 Ages 10-12

#32042 Ages 13-16

Softball**Spring Youth League District C**

Lets play ball! Raleigh Parks and Recreation is offering girls slow pitch softball leagues for ages 10-12 and 13-16. League age is determined by the participant's age as of July 31, 2005. Practice and game locations will depend upon numbers registered. Class Fee: \$27. Registration runs from February 14-27.

Softball Spring ages 10-12

#32794 Apr 21-Jul 9 Th-Sa 6:00-8:00pm

Softball Spring ages 13-16

#32795 Apr 21-Jul 9 Th-Sa 6:00-8:00pm

Softball Youth Machine Pitch

Age: 9-10yrs. This is a great program to introduce girls ages 9 and 10 to Fast Pitch Softball. A pitching machine will be used in this league. Practices will start in April with games starting the first of May. League age is determined by the age of the participant as of July 31 2005. Class Fee: \$27. Registration runs from February 14-27.

#33511 May 3-Jun 25 T,Th,Sa 6:00-9:00pm

Volleyball - Youth Co-Ed

Location: Lake Lynn Community Center

Age: 10-12 yrs. Are you ready to turn up the

heat on the volleyball courts? Join our co-ed volleyball team and learn the fundamentals of passing, setting, spiking, etc. and then put them into practice playing a game. Each session will contain 45 minutes of fundamentals and 45 minutes of game time. See you on the court! Class Fee: \$65

#32662 Apr 2-May 21 Sa 9:00am-10:30am

#32668 Apr 2-May 21 Sa 10:30am-12:00pm

Youth Summer**Basketball - Dribble, Shoot and Pass**

Location: Roberts Park Community Center

Age: 10-12yrs. A basketball skills development program for 10-12 year olds. Each participant will receive individualized instruction on passing, dribbling, shooting and free throw development. Emphasis is placed on the building of confidence, learning how to achieve, team work and sportsmanship.

Class Fee: \$20

#33496 May 7-28 Sa 11:00am-1:30pm

Basketball - Summer Leagues

Location: Green Road Community Center & Millbrook Exchange Center

Summer Basketball will be offered to boys and girls ages 5-12 and girls through the age of 14. Registration will be held April 25 through May 8; please register early as space is limited. Practices will begin in mid-June and league play will begin in July. Games and practices will be held at Green Road Park Center and Millbrook Exchange Center. Emphasis will be on skill development and FUN! League age is determined as of March 31, 2006. SPACE IS LIMITED!

Class Fee: \$48

#33499 Summer Pee Wee Basketball ages 5-6

#33500 Summer Mini Mite Basketball ages 7-8

#33501 Summer Mitey Mite Boys Basketball ages 9-10

#33502 Summer Girls Mitey Mite Basketball ages 9-10

#33503 Summer Girls LL Basketball ages 11-12

#33504 Summer Boys LL Basketball ages 11-12

#33505 Summer Girls Jr. Basketball ages 13-14

Basketball League 12 and under

Location: Biltmore Hills Community Center

Age: 10-12yrs. Youth basketball league for players that enjoy playing basketball all year round. Class Fee: \$20

#33494 Jun 14-Aug 16 T 6:00-9:00pm

Basketball League 14 and under

Location: Biltmore Hills Community Center

Age: 12-14yrs. Youth basketball league for teams that love to play basketball year round. Class Fee: \$20

#33495 Jun 14-Aug 16 T 6:00-9:00pm

RPD Summer Basketball at Method

Location: Method Road Community Center

Age: 13-14yrs. Method Center and the Raleigh Police Dept. in coordination with community centers throughout Raleigh offers youth basketball for ages 13-16 years.

Each participant must provide a copy of birth verification before registering and must have insurance. League age is determined by the participants age as of July 31 of the

current year. Class Fee: \$28

Jr. League

#33497 Jun 6-Aug 22 M 6:00-10:00pm

Sr. League

#33498 Jun 7-Aug 23 T 6:00-10:00pm

Adult**Basketball - A.M. Hoops**

Location: Green Road Community Center

Age: 18yrs and up. Are you a player? Show off your skills during a.m. hoops. Individuals will be involved in league play on Mondays from 11am-1pm. Registration will be held January 10 - 23. Class Fee:

#31492 Feb 7-Apr 25 M 11:00am-1:00pm

Basketball - Five Score

Location: Roberts Park Community Center

Age: 18yrs and up. Four score and however many years ago, women weren't allowed to play basketball. That's obsolete. This is a five play five league for women. Five score and the defending five can decide how to prevent it. Registration: March 7-18. Only 6 teams accepted. Class Fee: \$400

#32405 Apr 6-Jun 8 W 7:00-10:00pm

Basketball - Four Play Four

Location: Roberts Park Community Center

Age: 18yrs and up. A four play four league. Played the same as traditional basketball. Games are played full court and officiated by two officials. Teams may have a minimum of 7 players and a maximum of 11. Registration: February 21-March 4. Only 8 teams accepted. Class Fee: \$400

#32402 Mar 29-May 19 T,Th 7:00-10:00pm

Basketball - Over 30 3-on-3 League

Location: Green Road Community Center

Age: 30yrs and up. Over 30 3-on-3 basketball registration for the spring season will be held March 5-13. League play will be on Tuesday evenings from April through May. Team registration fee. An additional \$12 per each non-city resident on the team is required. Class Fee: \$60

#31509 Apr 5-May 24 T 7:30-9:30pm

Basketball - Work Zone Lunch League

Location: Green Road Community Center

Age: 18yrs and up. What are you doing for lunch? How about playing basketball with your co-workers? A company lunch league will be played on Wednesdays during the lunch hour. Games will be organized according to how many teams sign up. Fee is per player. Class Fee: \$5

#31510 Jan 5-26 W 11:30am-1:00pm

#31511 Feb 2-23 W 11:30am-1:00pm

#31512 Mar 2-30 W 11:30am-1:00pm

#31513 Apr 6-27 W 11:30am-1:00pm

Basketball**Adult Spring Method/Halifax**

Location: Method Road Community Center

Age: 18yrs and up. Adult Basketball League! Registration is February 14-March 6, 2005. Teams can only have 12 players on a roster.

Play begins the week of March 14. Closed (industrial) League. Open league A&B and C&D. First 7 teams per league per site. Each team guaranteed 12 games. Class Fee: \$385
 #33157 Mar 14-May 19 M-Th 7:00-10:00pm
 #33158 Mar 14-May 19 M-Th 7:00-10:00pm

Sand Volleyball - Spring League

Location: Jaycee Community Center
 Age: 18yrs and up. Catch Spring Volleyball Fever. Get a jump start on the summer season with a mini Spring sand season. Registration dates: February 23-March 5, 2004. Leagues: Beginner, Intermediate, Advanced. Team Registration Only-6person and Doubles. League will play late March-May at Jaycee Park. See manager's sheet for details. Class Fee: \$30/doubles, \$60/6 person

Doubles

#33060 Mar 28-May 16 M 6:30-10:00pm

6 Person

#33061 Mar 29-May 17 T 6:30-10:00pm

Softball - Adult

Age: 18yrs and up. Adult softball leagues offered for Men, Women, Coed, Church, Company Teams, Over 50, and One Night per week leagues. Play will begin mid April. League registration will be held at 2401 Wade Avenue from Monday-Thursday, February 28-March 3 from 8:30am-6:00pm. There is an additional fee for non-city residents of \$24 per participant. There is also a \$50 fee for tournament entry. For more information call 831-6836. Class Fee: \$425
 #32016 Apr 11-Jul 21 M-Th 5:30-10:30pm

Spring Volleyball Tournament

Location: Method Road Community Center
 Age: 16yrs and up. Co-ed 'B/C' volleyball tournament. First 6 teams double elimination. First and second place team awards given. Registration is March 18-April 1. Class Fee: \$175
 #33156 Apr 8-9 F-Sa 6:30-10:00pm

Tennis RATL Doubles League

Location: Millbrook Tennis Center
 Age: 18yrs and up. This is an NTRP level league for men's and women's doubles teams weekday evenings at 6:45pm. Team matches consist of 3 doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Deadline to enter a team or sign up as an individual looking for a team is Wednesday March 2. Matches begin March 21. Class Fee: \$15

Volleyball - Indoor Adult Leagues

Location: Lake Lynn Community Center
 Age: 18yrs and up. Volleyball leagues offered in Men, Women, and Coed. Registration will be Monday-Friday, February 7-18 at 2401 Wade Avenue from 8:30am-6pm. League play will be held at Lake Lynn Community Center on 7921 Ray Road. League play for Coed will be on Tuesday and Thursday, Men and Women will be on Monday and Wednesday. Class Fee: \$200

Men's

#32025 Mar 21-May 19 M-Th 6:00-10:00pm

Women's

#32027 Mar 21-May 19 M-Th 6:00-10:00pm

Coed

#32028 Mar 21-May 19 M-Th 6:00-10:00pm

Volleyball Open-Play

Location: Halifax Community Center
 Age: 17yrs and up. This is for those people who enjoy playing volleyball with others in a competitive atmosphere. Class Fee: \$0
 #32082 Jan 14-May 6 F 7:00-9:45pm

Adult Summer

Basketball - Adult Basketball

Location: Carolina Pines Community Center
 Age: 18yrs and up. Don't be scared! Men, women bring it on! Don't hate, participate in an adult coed basketball league. Games will be played on Tuesdays and Thursdays. Coaches call Carolina Pines for more information 831-6435. Class Fee: \$0
 #33493 Jun 2-Aug 9 T,Th 7:00-9:30pm

Basketball - Adult Summer League

Location: Jaycee Community Center
 Age: All Ages. Leagues B & C only. No A league teams permitted. Get your team together and spend the summer playing some competitive basketball. Registration dates are April 15-29, 2005 at Jaycee Community Center. Games will be on Monday/Wednesday or Tuesday/Thursday. League play begins mid-June and runs thru mid-August. Team registration only. Class Fee: \$400
 #33508 Jun 14-Sep 1 T,Th 7:00-10:00pm

Sand Volleyball - Summer League

Location: Jaycee Community Center
 Age: 18yrs and up. Try summer in the sand! Registration dates: April 18-29, 2005. Leagues: Beginner, Intermediate, Advanced. Team Registration Only-6person and Doubles. League will play early June-August at Jaycee Park. See manager's sheet for details. Class Fee: \$30/doubles, \$60/6 person

Doubles

#33506 Jun 6-Aug 8 M 6:30-10:30pm

6 Person

#33507 Jun 7-Aug 9 T 6:30-10:30pm

Starlight Men's Basketball League

Location: Biltmore Hills Community Center
 Age: 17yrs and up. An alternative activity for young adults during the summer. Starlight is a competitive league open for team registration. Fee is per player. Class Fee: \$20
 #33509 Jun 6-Aug 11 M,Th 9:00pm-12:00am

Starlight Women's Basketball League

Location: Biltmore Hills Community Center
 Age: 17yrs and up. Basketball league designed for women that like to play competitive basketball. Class Fee: \$20
 #33510 Jun 6-Aug 11 M,Th 6:00-9:00pm

Senior

Fun Golfers

Location: Wade Ave. Administrative Office Bldg.
 Age: 55yrs and up. Senior Adult League for

men and women. League features monthly tournaments, special outings and more. Play is held at Wil-Mar Golf Club, off US #64 East. Fee covers membership for one year. League play April-November. To register for this program you will need to contact Steve White at 831-6851. Class Fee: \$0
 #32139 Apr 5-26 T 9:00am-1:30pm

Educational

Preschool

Cooking - Chef Kids

Location: Green Road Community Center
 Age: 3-5 yrs. If you like to be in the kitchen, this class is for you. Come learn to be a 'real chef!' All students must be potty trained. No class will be held January 17 or February 21. Class Fee: \$0

#31390 Jan 10-Feb 7 M 1:15-2:15pm

#31391 Feb 14-Mar 14 M 1:15-2:15pm

#31392 Apr 4-25 M 1:15-2:15pm

Cooking - Cookie Monsters

Location: Anderson Point
 Age: 6-8 yrs. A cooking class for youth. Learn how to bake cookies from scratch. A new recipe each week. Class Fee: \$35
 #31036 Jan 13-Feb 3 Th 5:45-6:30pm
 #31037 Feb 17-Mar 10 Th 5:45-6:30pm
 #31038 Mar 24-Apr 14 Th 5:45-6:30pm
 #31039 Apr 28-May 19 Th 5:45-6:30pm

Cooking - Gourmet Crumbs

Location: Jaycee Community Center
 Age: 3-5 yrs. Explore cooking through fun, new recipes. Mix, measure, make, and enjoy! Class Fee: \$32
 #33037 Jan 10-31 M 9:30-10:45am
 #33038 Feb 7-28 M 2:15-3:30pm
 #33039 Mar 2-30 W 9:30-10:45am
 #33040 Apr 6-27 W 2:15-3:30pm

Cooking - Pots, Pans and Busy Hands

Location: Laurel Hills Community Center
 Age: 3-5 yrs. You'll be impressed with the kitchen skills your child will develop. They'll learn beginning kitchen skills including measurements and kitchen safety and will be taught recipes which will offer a fun way to expose them to a variety of tastes and textures. Supply fee of \$10.00 payable to instructor at first class. Class Fee: \$32
 #32718 Jan 8-29 Sa 11:30am-12:30pm
 #32719 Feb 5-26 Sa 11:30am-12:30pm
 #32720 Mar 5-26 Sa 11:30am-12:30pm
 #32721 Apr 2-23 Sa 11:30am-12:30pm

Cooking - Thursday Morning Chefs

Location: Green Road Community Center
 Age: 3-5 yrs. Learn how to be a real chef and make your own delicious meals! Students will learn the basics of cooking, and then sample their own work. All students

Thursday Morning Chefs continued next page —

Thursday Morning Chefs continued —

must be potty trained. No class will be held March 24. Class Fee: \$28

#32231	Jan 6-27	Th	10:30-11:30am
#32232	Feb 3-24	Th	10:30-11:30am
#32233	Mar 3-31	Th	10:30-11:30am
#32234	Apr 7-28	Th	10:30-11:30am

Dance - Twirling Ribbons

Location: Lake Lynn Community Center
Age: 3-7 yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Class Fee: \$40

#31767	Jan 5-26	W	2:00-2:45pm
#31768	Feb 2-23	W	2:00-2:45pm
#31769	Mar 2-23	W	2:00-2:45pm
#31770	Apr 6-27	W	2:00-2:45pm
#32091	Jan 8-29	Sa	2:15-3:00pm
#32092	Feb 5-26	Sa	2:15-3:00pm
#32093	Mar 5-26	Sa	2:15-3:00pm
#32094	Apr 2-23	Sa	2:15-3:00pm

Drama - Fairytale Theatre

Location: Lake Lynn Community Center
Age: 4-5 yrs. This class is designed specifically for young students who would like to get a taste of theatre. Act out characters from stories through dramatic skits. Feel free to bring story book character costumes! Class Fee: \$36

#31751	Mar 3-24	Th	4:15-5:00pm
#31752	Mar 31-Apr 21	Th	4:15-5:00pm

Dynamic Dinosaurs

Location: Green Road Community Center
Age: 3-5 yrs. Come and join us for an exciting time while we learn about the world of 'ancient creatures'. Class Fee: \$28

#32060	Feb 3-24	Th	9:15-10:15am
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Holiday Programs - A Valentines Tea

Location: Anderson Point
Age: 4-5 yrs. Bring your favorite Teddy Bear or stuffed animal for an afternoon Tea Party filled with Valentine's themes. Class Fee: \$10

#31035	Feb 10	Th	3:00-4:00pm
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Kidsplay

Location: Optimist Community Center
Age: 3-5 yrs. Kidsplay is designed to help children with school readiness relationships. Learning to share, being polite, playing with a group and learning in a group. We play, sing, read and learn numbers, letters, and sounds. Science and health are included. All children must be potty trained. This program has been set up for the winter/spring semester, January through May. Payments of \$66 will be due at the first class of each month. First month's payment will be due at time of registration. Final payment will be due May 3. The class will follow the Wake County Schools traditional calendar. Class Fee: \$330

#30991	Jan 11-May 19	T,Th	9:00am-12:00pm
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Language - ESL Parent/Toddler

Location: Peach Road
Age: 2-5yrs. It is never too early for your toddler to learn a new language. English

speaking skills are taught in the same way that a child learns his/her first language — by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and gettings. Come prepared to participate (As Mommy and Daddy also learn English) and become part of your child's development into a second language. Class Fee: \$0

2-3 yrs

#32753	Feb 5-26	Sa	10:00-11:00am
#32754	Mar 5-26	Sa	10:00-11:00am
#32755	Apr 2-23	Sa	10:00-11:00am

4-5 yrs

#32756	Feb 5-26	Sa	11:15am-12:15pm
#32757	Mar 5-26	Sa	11:15am-12:15pm
#32758	Apr 2-23	Sa	11:15am-12:15pm

Reading - Story Time

Location: Carolina Pines Community Center
Age: 4-6 yrs. Come out to Carolina Pines on designated Tuesdays for fun with reading. Participants will listen to the story of the day and have the opportunity to participate in projects and discussion of the story! Class Fee: \$3

#32378	Jan 11	T	10:30-11:30am
#32379	Jan 25	T	10:30-11:30am
#32380	Feb 8	T	10:30-11:30am
#32381	Feb 22	T	10:30-11:30am
#32382	Mar 1	T	10:30-11:30am
#32383	Mar 15	T	10:30-11:30am
#32384	Apr 5	T	10:30-11:30am
#32385	Apr 19	T	10:30-11:30am

Spanish - Preschool

Location: Sertoma Arts Center
Age: 3-5 yrs. Hola! This Spanish class will focus on topics of special interest to preschool age children. The teachers will focus on building the children's vocabulary through songs, rhymes, games, stories and a variety of teaching techniques. This class is ideal for home-schoolers. Class Fee: \$25

4-6 yrs

#32376	Mar 5-26	Sa	9:30-10:15am
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6-8 yrs

#32377	Mar 5-26	Sa	10:30-11:15am
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Young Drum Rhythm & Music

Location: Optimist Community Center
Age: 2-5 yrs. Parent and child learn basic rhythm skills to help child develop physical, cognitive, and social skills using a variety of percussion instruments in a fun and safe environment. Class Fee: \$36

#31068	Feb 14-28	M	10:30-11:15am
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Youth**African-American Quiz Bowl**

Location: Chavis Community Center
Age: 8-18 yrs. Quiz bowl (question and answer format) that test participants' knowledge of African-American history. Prizes awarded to top finishers in different age groups. Age groups are 8-10 year olds, 11-14 year olds and 15-18 year olds. Class Fee:

#32495	Feb 24	Th	7:00-8:00pm
#32496	Feb 24	Th	7:00-8:00pm
#32497	Feb 24	Th	7:00-8:00pm

American Red Cross Babysitter's Training

Location: Laurel Hills Community Center
Age: 11-15yrs. Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross. Class Fee: \$45

#31448	Feb 18	F	9:00am-3:00pm
#31532	Mar 5-12	Sa	12:30-3:30pm
#31450	Apr 16-23	Sa	12:30-3:30pm

Black History Spelling Bee

Location: Ralph Campbell Community Center
Age: 12-15 yrs. In honor of Black History Month, we will have a Spelling Bee. Word categories will include inventors and inventions, sports trivia, famous people, etc. Class Fee: \$0

#33083	Feb 17	Th	6:30-7:30pm
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Bugs and Stuff

Location: Green Road Community Center
Age: 3-5 yrs. Come join us while we discover what lives out there among the leaves and grasses. Stories and related crafts will help us learn about our many-legged friends! Class Fee: \$28

#31397	Apr 6-27	W	1:15-2:15pm
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Color Exploration for Kids

Location: Green Road Community Center
Age: 4-10 yrs. Children will learn how to make their own fun art products that use all the colors of the rainbow - sidewalk chalk, bath paints, bath crayons and play dough, which they can take home! All materials are supplied by the instructor. Class Fee: \$20

#33006	Apr 10	Su	3:00-5:00pm
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Cooking - Tiny Chefs

Location: Anderson Point
Age: 6-8 yrs. Come out and begin to learn the basics of cooking. Simple recipes, simple measuring, and finally—simply eating! Class Fee: \$30

#31048	Apr 4-25	M	5:30-6:30pm
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Cooking - Weekend Chefs

Location: Green Road Community Center
Age: 6-8 yrs. In these one-time workshops, young cooks will make a special dish based on a type of cuisine or a holiday. Students will learn, from start to finish, how to put together a delicious treat. Recipes will be provided so students can practice at home with Mom and Dad! In January, we will make a Super Bowl snack; in February, we will make an Italian dish; in March, we will get ready for St. Patrick's Day; and in April we will make a Mexican dish to celebrate Cinco de Mayo. Class Fee: \$15

#32239	Jan 30	Su	3:00-4:30pm
#32240	Feb 27	Su	3:00-4:30pm
#32241	Mar 13	Su	3:00-4:30pm
#32242	Apr 17	Su	3:00-4:30pm

Dance - Tap & Jazz

Location: Lake Lynn Community Center
Age: 10-12 yrs. Explore the exciting experi-

ence of learning dance movements, focusing on tap and jazz, incorporated into sequences for composition and seasonal dance routines. Innovative rhythmic steps with music. Builds confidence, self-esteem, coordination and body control. Class Fee: \$45

#31779	Jan 6-27	Th	4:15-5:00pm
#31780	Feb 3-24	Th	4:15-5:00pm

Dance Design

Location: Lions Park Community Center
Age: 6-12 yrs. Class will consist of an introduction to modern dance design of jazz, ballet and tap. Come and let yourself feel the rhythm of the beat. Class Fee: \$35

#32295	Jan 1-Feb 2	Sa	11:00am-12:00pm
#32296	Feb 2-Mar 5	W	6:00-7:00pm
#32297	Mar 2-Apr 2	W	6:00-7:00pm
#32298	Apr 6-May 7	W	6:00-7:00pm

Freedom Shrine

Location: Millbrook Exchange Community Ctr.
Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our Nation to gain a deeper understanding of the events that took place in the building of America. Class Fee: \$0
#30694 Jan 3-Apr 30 Daily 9:00am-10:00pm

Holiday Programs - Holiday Happenings

Location: Anderson Point
Age: 5-7 yrs. Holiday themed creations from the kitchen. Come out and create your own decorated masterpiece. Class Fee: \$10
#31041 Mar 23 W 5:30-6:30pm

Holiday Programs - Lucky Leprechauns

Location: Anderson Point
Age: 6-8 yrs. An afternoon of stories and games related to St. Patrick's Day. Class Fee: \$10
#31045 Mar 16 W 3:30-4:40pm

Homework Helpers

Location: John P Top Greene Center
Age: 5-12 yrs. Supervised homework assistance for elementary school children. This program is designed for students interested in succeeding in their schoolwork. Class Fee: \$40
#32588 Jan 31-May 12 M-Th 4:00-5:30pm

Kids Can Cook Too

Location: Worthdale Community Center
Age: 6-11 yrs. Kids come learn kitchen safety and how to prepare easy healthy snacks. Class Fee: \$5

#32677	Jan 13	Th	5:00-6:00pm
#32678	Jan 20	Th	5:00-6:00pm
#32679	Jan 27	Th	5:00-6:00pm
#32680	Feb 3	Th	5:00-6:00pm
#32681	Feb 10	Th	5:00-6:00pm
#32682	Feb 17	Th	5:00-6:00pm
#32683	Feb 24	Th	5:00-6:00pm
#32684	Mar 3	Th	5:00-6:00pm
#32685	Mar 10	Th	5:00-6:00pm
#32686	Mar 17	Th	5:00-6:00pm
#32687	Mar 24	Th	5:00-6:00pm

#32688	Mar 31	Th	5:00-6:00pm
#32689	Apr 7	Th	5:00-6:00pm
#32690	Apr 14	Th	5:00-6:00pm

Kinder Dance Design

Location: Lions Park Community Center
Age: 5-18 yrs. A style of dance that is done with creative movement and an introduction to ballet and tap. It also helps the body develop poise and posture. Class Fee: \$35

#31816	Jan 1-29	Sa	10:00am-11:00pm
#31821	Feb 12-Mar 12	Sa	10:00am-11:00pm
#31822	Mar 5-Apr 2	Sa	10:00am-11:00pm
#31823	Apr 2-30	Sa	10:00am-11:00pm

Little Truckers

Location: Jaycee Community Center
Age: All Ages Give your child the opportunity to touch and climb into each truck we have on site. Our fleet will include: fire, rescue, tractors, and more. First 10 youth to register will receive a small toy truck. Pre-registration is required by April 8. Class Fee: \$5
#33123 Apr 16 Sa 11:00am-1:00pm

Making Natural Egg Dyes

Location: Green Road Community Center
Age: 4-10 yrs. Children will learn how to make their own egg dyes from scratch using natural plant materials. Then they will try out their dye on their own eggs! All materials supplied by the instructor. Class Fee: \$20
#33003 Mar 20 Su 2:30-5:00pm

Neighborhood Kids Smart

Location: Peach Road
Age: 4-12 yrs. Raise your children's I.Q. by having them attend this helpful program. These classes will be a series of three programs offered in conjunction with the City of Raleigh Police Department. Classes will cover topics that deal with the importance of weapon danger, hazards of drug use, and what children need to do if they get lost. Class Fee: \$0
Stranger Danger 4-12 yrs
#32804 Jan 5 W 4:30-5:10pm
Weapon Danger 4-13 yrs
#32987 Jan 12 W 4:30-5:10pm
Hazards of Drug use 8 & up
#32989 Jan 19 W 4:30-5:10pm

Spanish - Kids

Location: Millbrook Exchange Community Ctr.
Age: 6-10 yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component which includes singing Spanish songs and breaking open a piñata. Class Fee: \$40

#31348	Jan 6-27	Th	6:30-7:30pm
#31349	Feb 3-24	Th	6:30-7:30pm
#31350	Mar 3-24	Th	6:30-7:30pm
#31355	Apr 7-28	Th	6:30-7:30pm
#32375	Mar 5-26	Sa	11:30am-12:30pm

Spanish - Parent/Toddler

Location: Lake Lynn & Green Road Community Center
Age: 2-5 yrs. It's never too early for your toddler to learn a new language. Spanish speaking skills are taught in the same way

that a child learns his/her first language by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and greetings. Come prepared to participate (as Mommy or Daddy learn Spanish too), and become part of your child's development into a second language. Class Fee: \$25 per family

Lake Lynn 2-3 yrs

#32714	Jan 5-26	W	9:45-10:45am
#32715	Feb 2-23	W	9:45-10:45am
#32716	Mar 2-23	W	9:45-10:45am
#32717	Mar 30-Apr 20	W	9:45-10:45am

Lake Lynn 4-5 yrs

#32738	Jan 5-26	W	11:00am-12:00pm
#32739	Feb 2-23	W	11:00am-12:00pm
#32740	Mar 2-23	W	11:00am-12:00pm
#32741	Mar 30-Apr 20	W	11:00am-12:00pm

Green Road 2-3 yrs

#32743	Feb 1-22	T	9:45-10:45am
#32744	Apr 5-26	T	9:45-10:45am

Green Road 4-5 yrs

#32745	Feb 1-22	T	11:00am-12:00pm
#32746	Apr 5-26	T	11:00am-12:00pm

Sports Time I

Location: Lake Lynn Community Center
Age: 6-8 yrs. Introduction to basketball, soccer, wiffleball, and floor hockey will be stressed in a fun, relaxed environment. Class Fee: \$30
#31776 Feb 3-24 Th 4:00-5:00pm
#31777 Mar 3-24 Th 4:00-5:00pm
#31778 Mar 31-Apr 21 Th 4:00-5:00pm

Sweetheart Cards

Location: Chavis Community Center
Age: 8-18 yrs. Make a unique Valentine's card for that special person. We'll be using scrapbooking techniques and materials, you are welcome to bring a photo or special item to complete your unique look. Class Fee: \$2
#33142 Feb 10 Th 5:30-6:30pm

Teen

Babysitter's Training with the A.R.C.

Location: Green Road Community Center
Age: 11yrs and up. Babysitter's training is designed to give young people the knowledge, skills and confidence to care for infants through school-aged children. Safety issues, preventing injuries and illnesses, basic childcare, first aid, decision making skills and age appropriate behavior and play are discussed as well. Class Fee: \$45
#31482 Apr 30 Sa 9:00am-3:00pm

Babysitting Certification

Location: Millbrook Exchange Community Ctr.
Age: 11-15 yrs. The American Red Cross will provide certification. This class can help you in interviewing for babysitting jobs. Also, this class will help you learn safe and age appropriate toys and games, prevent injuries, how to handle an emergency, perform first aid, learn diapering, feeding techniques, and handle bed time issues. Bring a packed lunch Class Fee: \$45
#30695 Mar 22 T 9:00am-3:00pm

Educational continued next page —

Computer Club

Location: Tarboro Road Community Center
Age: 10yrs and up. Learn how to build web pages and web sites. A very exciting club.
Class Fee: \$0

#33273	Jan 6-27	Th	7:00-8:00pm
#33274	Feb 3-24	Th	7:00-8:00pm
#33275	Mar 3-24	Th	7:00-8:00pm
#33276	Apr 7-28	Th	7:00-8:00pm

Portable Challenge Course for Teens

Location: Wade Ave. Administrative Office Bldg.
Age: 11-18 yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$15 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio. Class Fee: \$15
#31893 Feb 5-Apr 23 Sa 9:00am-1:00pm

Resume Writing 101 for Teens

Location: Method Road Community Center
Age: 14-18 yrs. Looking for that perfect summer job? Learn how to interview and impress employers with your own personal resume. You'll be surprised at what a difference a good resume and interviewing skills can make. This is the perfect opportunity to get ready for our upcoming Job Fair and the Raleigh Summer Youth Employment Program (RSYEP). Class Fee: \$0
#33245 Feb 10-24 Th 6:30-8:00pm

Youth Legislative Assembly

Location: Wade Ave. Administrative Office Bldg.
Age: 14-18 yrs. The Youth Legislative Assembly is a mock legislative session where council members have the opportunity to learn the legislative process in North Carolina. This intense weekend gives participants the opportunity to express opinions and vote on issues facing our local, state, and national governments. Delegates, made up of councils from around the state are afforded the opportunity to discuss and recommend to the main assembly one or more bills. The bills are then debated and voted on by the Full Youth Legislative Assembly. This will be a three day session and is on a weekend. The Session is patterned after the North Carolina General Assembly. Call the Teen Program 831-6688 for more information. Class Fee: \$0
#31895 Mar 18-20 F-Su 10:00am-10:00pm

Adult**Boating - Advanced Coastal Navigation**

Location: Lake Wheeler
Age: 16yrs and up. An interesting and informative course that covers the classical methods of coastal navigation applicable to all small vessels. This is not an entry-level course. This highly detailed course involves learning the plotting of navigational charts and the use of other calculations. Considered one of the most popular boating courses offered by the US Coast Guard Auxiliary, completion of this course will enable boaters the ability to navigate on the open water using a variety of methods. Detailed curriculum flyers available. Class Fee:
#30578 Feb 17-Mar 28 M,Th 7:00-9:00pm

Boating Safely Courses

Location: Lake Wheeler
Age: 12yrs and up. Covers basic boating skills, needed safety equipment, and boat-handling procedures — along with Federal and State boating regulations. This course is designed for both boat and PWC users. Newly established NC State boating regulations concerning personal watercraft operators between the ages of 12-16 require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies. Class Fee: \$30
#30579 Apr 2 Sa 8:00am-4:00pm

Bridge - Intermediate

Location: Pullen Community Center
Age: 18yrs and up. Already know how to play bridge and want to improve your skills? Intermediate bridge is for participants who have already taken beginner bridge or are average bridge players. Edith Horne instructs. Class Fee: \$35
#30503 Jan 24-Feb 17 M,Th 10:30am-12:30pm

Bridge - Play of Hand

Location: Pullen Community Center
Age: 18yrs and up. If you have already taken beginner and intermediate bridge or are a better than average bridge player, Play of Hand can help you improve your game. Cards are pre-dealt for each day's lesson. Edith Horne instructs. Class Fee: \$35
#30514 Jan 24-Feb 17 M,Th 1:00-3:00pm

Bridge for Beginners

Location: Laurel Hills Community Center
Age: 18yrs and up. Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just the place for beginners and will include instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Class Fee: \$60
#31366 Feb 1-Mar 22 T 7:00-9:00pm

Citizen's Advisory Council - Wade CAC

Location: Wade Ave. Administrative Office Bldg.
Age: 18yrs and up. Be an active member

of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Tuesday of every other month at Jaycee Park. No registration necessary. Class Fee: \$0

#33071	Jan 25	T	7:00-9:00pm
#33072	Mar 22	T	7:00-9:00pm

Citizen's Advisory Council - Glenwood CAC

Location: Glen Eden Park
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Monday of every other month. No registration necessary. Class Fee: \$0
#33069 Jan 24 M 7:00-9:00pm
#33078 Mar 28 M 7:00-9:00pm

Citizen's Advisory Council - 5 Points CAC

Location: Fletcher Park
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 2nd Wednesday of every month. No registration necessary. Class Fee: \$0
#33073 Jan 12 W 7:00-9:00pm
#33079 Feb 9 W 7:00-9:00pm
#33080 Mar 9 W 7:00-9:00pm
#33081 Apr 13 W 7:00-9:00pm

Computer - Advanced Web Page Design

Location: Green Road Community Center
Age: 16yrs and up. This class covers advanced topics in web page design using both Netscape Composer and Macromedia's Dreamweaver. Additional topics can include discussions of programming with PHP, HTML, Javascript, creating animations with Macromedia Flash, or internet security, among others. Students should have intermediate computer knowledge and experience in creating several different web pages. Class Fee: \$60
#33351 Mar 15-17 T,Th 6:30-9:00pm

Cooking - Soup's On!

Location: Anderson Point
Age: 18yrs and up. A cooking class for others to share their favorite winter soup recipes with one another. A different soup will be presented each week during the four weeks. Class Fee: \$28
#31046 Jan 24-Feb 14 M 6:30-7:30pm
#31047 Feb 28-Mar 21 M 6:30-7:30pm

Digital Photography Introduction

Age: 16yrs and up. This class will provide an introduction to working with digital photos. Topics included are: basic skills to operate a digital camera, transferring pictures to the computer, posting pictures on the Internet via online photo sites, selecting online photo services, and editing and

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. Ernest Hemingway

enhancing photos with Adobe Photoshop Elements. Everything needed for the class is supplied. Cameras are provided. Please do not bring personal cameras. Class Fee: \$35

Lake Lynn				
#33320	Jan 19	W	6:30-9:00pm	
#33324	Mar 23	W	6:30-9:00pm	
Millbrook Exchange				
#33321	Feb 1	T	6:30-9:00pm	
#33325	Apr 7	Th	6:30-9:00pm	
Jaycee				
#33322	Feb 16	W	6:30-9:00pm	
#33326	Apr 18	M	6:30-9:00pm	
Green Road				
#33323	Mar 8	T	6:30-9:00pm	
Pullen				
#33327	Apr 28	Th	6:30-9:00pm	

Dog Obedience

Location: Millbrook Exchange Community Ctr.
Age: 13yrs and up. Teach a new dog old tricks or teach an old dog new tricks. Or teach your canine counterpart to follow your command. Class Fee: \$40

#30974	Mar 23-May 25	W	7:30-8:30pm	
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Dog Obedience - Advanced Manners/AKC CGC

Age: 18yrs and up. Prerequisite basic manners or equivalent. Work on solving any current behavior problems and practicing polite manners at home and in public around increasing distractions. Also geared for earning the AKC Canine Good Citizen (CGC) title, a certification program designed to reward purebred and mixed dogs who have good manners. We will meet in different locations for maximum distractions. The last class will be the AKC CGC test. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$95

Glen Eden Park				
#33067	Jan 22-Feb 26	Sa	9:00-10:00am	
#33068	Mar 7-Apr 11	M	7:00-8:00pm	
Carolina Pines				
#33517	Jan 6-Feb 10	Th	7:00-8:00pm	

Dog Obedience - Basic Manners for K-9s

Location: Glen Eden Park
Age: 18yrs and up. Benefits are a well-mannered dog at home and in public. Our classes are unique by focusing on real life situations and maximizing your leadership skills so your dog will take your requests seriously. Teach your dog self-control (no more jumping on guests, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, walk on a loose leash, off, and how to incorporate them in your busy daily life.

Our classes are kept small at an average of 6 dogs so you have more individual attention. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee: \$120

Glen Eden Park				
#33053	Jan 15-Feb 26	Sa	10:00-11:00am	
#33054	Feb 5-Mar 19	Sa	11:00am-12:00pm	
#33427	Jan 20-Mar 3	Th	2:00-3:00pm	
#33055	Feb 28-Apr 11	M	6:00-7:00pm	
#33056	Apr 4-May 16	M	8:00-9:00pm	
#33428	Mar 17-Apr 28	Th	2:00-3:00pm	
Carolina Pines				
#33516	Jan 6-Feb 17	Th	8:00-9:00pm	

Dog Obedience - Small Dog Basic Manners

Age: All Ages. Show the big boys that your toy breed is just as smart and well-mannered! For the toy breeds who are 15 lbs. or less. Benefits are a well-mannered dog at home and in public. Our classes are unique by focusing on real life situations and maximizing your leadership skills so your dog will take your requests seriously. Teach your dog self-control (no more jumping on guests, door lunging, etc.!) as well as basic commands such as sit, down, stay, come, walk on a loose leash, off, and how to incorporate them in your busy daily life. Our classes are kept small at an average of 6 dogs so you have more individual attention. In order to maintain an effective learning environment all participants must complete a questionnaire before registering for class. Questionnaires can be obtained by contacting Sylvie Pleasant at 779-3813 or K9solutions@nc.rr.com. Class Fee \$120

Glen Eden				
#33063	Feb 28-Apr 11	M	6:00-7:00pm	
#33064	Apr 4-May 16	M	8:00-9:00pm	
#33425	Jan 20-Mar 3	Th	1:00-2:00pm	
#33426	Mar 17-Apr 28	Th	1:00-2:00pm	
Carolina Pines				
#33518	Jan 6-Feb 17	Th	8:00-9:00pm	

Driving Safely

Location: Pullen Community Center
Age: 16yrs and up. Improve your driving skills and avoid traffic violations by reviewing techniques and rules of the road. Proper use and maintenance of your vehicle will be discussed. Bring a bag lunch. Space is limited. Please pre-register. Tom Gregory, AARP Representative, instructs. Class Fee: \$0

#30495	Apr 21-22	Th-F	9:30am-2:30pm	
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Fishing - Fly Tying Introduction

Location: Lake Johnson
Age: 16yrs and up. Learn how to begin tying

flies for your next fishing trip. This course is instructed by the Great Outdoor Provision Company and students will gain hands on experience with this new and rewarding hobby. Class Fee: \$60

#32125	Apr 5-19	T	7:00-9:00pm	
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Fishing For Moms

Location: Lake Johnson
Age: 18yrs and up. This course will instruct Moms on casting, knots, fishing techniques, safety tips, and how to bait a hook using live bait or other alternatives. Class Fee: \$10

#32352	Apr 16	Sa	9:00-10:30am	
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Green Thumb Gardening Club

Location: Tarboro Road Community Center
Age: 14yrs and up. Interested learning the basics of growing and nurturing plants and vegetables, then the Green Thumb Gardening Club is just what you need. Participants will learn basic techniques for nurturing your plants and vegetables to full growth potential. Class Fee: \$1

#33261	Jan 5-26	W	11:00am-1:00pm	
#33262	Feb 2-23	W	11:00am-1:00pm	
#33263	Mar 2-23	W	11:00am-1:00pm	
#33264	Apr 6-27	W	11:00am-1:00pm	

Hand and Foot Spa

Location: Green Road Community Center
Age: 10yrs and up. We'll pamper our hands and feet with natural products we make in class such as brown sugar hand scrub, foot fizzies, rose petal hand cream, shea butter hand cream, citrus foot cream, and foot powder. Make these for yourself or give as a Mother's Day gift! All materials supplied by the instructor. Class Fee: \$35

#33002	Mar 30	W	6:30-8:00pm	
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Health Awareness Club

Location: Tarboro Road Community Center
Age: 18yrs and up. Come join a proactive club that will be discussing Health and Fitness related issues. We will have a new and exciting speaker each month. Class Fee: \$0

#33269	Jan 6-27	Th	11:00am-12:30pm	
#33270	Feb 3-24	Th	11:00am-12:30pm	
#33271	Mar 3-31	Th	11:00am-12:30pm	
#33272	Apr 7-28	Th	11:00am-12:30pm	

Home Networking Introduction

Age: 16yrs and up. This class teaches the basics of home networking using wired and wireless technology. Topics will include: Differences and advantages between wired and wireless networks, advantages of setting up a home network, sharing files and devices across a home network, and more. Networking equipment will be on hand for

Home Networking Intro continued next page —

Home Networking Introduction continued —

examples. Class Fee: \$35

Jaycee

#33349 Feb 23 W 6:30-9:30pm

Pullen

#33350 Apr 26 T 6:30-9:30pm

Introduction to Personal Computing

Age: 14yrs and up. Class is for beginning computer users only. The course will introduce the hardware and software of a Personal Computer System and give a brief introduction to Microsoft Windows, Microsoft Word, and Microsoft Excel. Areas covered under Windows are the Windows Desktop, basic mouse techniques, exploring your computer, and file management. The Excel program will cover entering labels and values into a worksheet, formatting a worksheet and entering a formula into a worksheet. The Word program will cover entering text into a document, saving a document, and opening, revising, and printing an existing document. Class Fee: \$60

Green Road

#33330 Jan 25-27 T,Th 6:30-9:00pm

Pullen

#33331 Feb 7-9 M,W 6:30-9:00pm

Lake Lynn

#33332 Mar 14-16 M,W 6:30-9:00pm

Jaycee

#33333 Apr 4-6 M,W 6:30-9:00pm

Italian - Conversational Level One

Location: Jaycee Community Center

Age: All Ages. Begin or improve your conversational skills in Italian! Emphasis will be on sentence construction, intonation and listening comprehension, with the help of selective instructional materials. This class gives you a fun overview of the language structures, particularly in its usage in contemporary Italy. You will be delighted in pursuing 'arte della conversazione'. No previous knowledge of Italian necessary. Taught by Salah Mohammed from the Italian Language Institute and instructor of Italian at Wake Technical College. Students must purchase before the first class the Text: Ultimate Italian Basic/Intermediate by Lettieri & Bancheri, which is available at Borders or Barnes & Noble Bookstores. Class Fee: \$80

#32852 Jan 11-Feb 15 T 6:30-9:00pm

Knitting for Beginners

Location: Laurel Hills Community Center

Age: 18yrs and up. Designed especially for the beginning knitter. Learn basic stitches such as knitting and purling, as well as casting on and binding off. Create a beautiful scarf to wear or give as a great gift. Class Fee: \$36

#32629 Jan 25-Feb 15 T 7:00-8:00pm

Language -**English as a Second Language**

Age: 18yrs and up. These classes are offered for beginner and intermediate levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Class Fee: \$0 >

Method

#32329 Jan 26-Mar 2 W 7:00-9:00pm

#32330 Mar 9-Apr 13 W 7:00-9:00pm

#33361 Apr 20-May 25 W 7:00-9:00pm

Carolina Pines

#32331 Jan 6-Feb 10 Th 6:30-8:00pm

Green Road

#32368 Jan 12-Feb 16 W 6:30-8:00pm

#32369 Mar 9-Apr 13 W 6:30-8:00pm

Peach Road

#32370 Jan 13-Feb 17 Th 6:00-8:00pm

#32371 Mar 10-Apr 14 Th 6:00-8:00pm

Worthdale

#32373 Jan 6-Feb 10 Th 6:30-8:00pm

Ralph Campbell

#32374 Apr 5-May 10 T 6:30-8:30pm

Making Lip Balms, Lip Gloss, & Lipstick

Location: Green Road Community Center

Age: 10yrs and up. You can't beat the feel of natural cosmetics! In this class, we will make natural lip care from scratch. These products make great gifts! All materials are supplied by the instructor. Class Fee: \$35

#32913 Feb 12 Sa 6:30-8:00pm

Making Natural Lotions, Creams & Butters

Location: Green Road Community Center

Age: 10yrs and up. In this class, we will make skin care products from scratch and learn about the different properties of a variety of natural oils and how to incorporate them in lotions, creams and butters to heal our skin and improve it naturally the way that synthetic skin care products can not. This class is for all skin types, so everyone will benefit. All materials will be supplied by the instructor. Class Fee: \$35

#32914 Feb 25 F 6:30-8:00pm

Microsoft Windows XP Introduction

Age: 16yrs and up. Learn the skills for navigating in Microsoft's newest operating system. Understand the different components of a window. Learn to open applications, documents, and manage files. Each student will receive a detailed manual. Class Fee: \$60

Green Road

#33339 Feb 15-17 T,Th 6:30-9:30pm

Lake Lynn

#33340 Apr 11-13 M,W 6:30-9:30pm

Mirrors

Location: Roberts Park Community Center

Age: 18-50 yrs. This class is designed to help parents communicate more effectively with their children and deal with the growing pains of puberty. This class will help parents deal with what it sometimes called 'Parent Abuse'. Class Fee: \$0

#33421 Mar 7-28 M 7:00-8:15pm

#33422 Apr 11-May 2 M 7:00-8:15pm

Natural Mother and Child

Location: Green Road Community Center

Age: 10yrs and up. Whether you're a mother, a mother-to-be, or you know a special mom, this class is a great way to learn how to make natural products for Mom and baby.

We'll make all-natural tummy butter for Mom's growing tummy, non-petroleum jelly, baby lotion, baby oil, cradle cap oil, antifungal diaper rash oil, baby milk bath, and baby powder. All materials supplied by the instructor. Class Fee: \$45

#32918 Jan 9 Su 3:00-5:00pm

Neuse River Golden Retriever Rescue

Location: Pullen Community Center

Age: 18yrs and up. NRGRR is an all volunteer run organization with the goal of placing abandoned, neglected, and abused Golden Retrievers into permanent loving homes.

Approximately 200 to 250 Golden Retrievers are placed each year. Class Fee: \$0

#31941 Jan 27 Th 7:30-9:00pm

#31942 Apr 28 Th 7:30-9:00pm

North Raleigh Citizens Advisory Council

Location: Millbrook Exchange Community Ctr.

Age: 18yrs and up. Be an active member of your community. Come to find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meeting are the first Thursday of every month. Class Fee: \$0

#30582 Jan 6 Th 7:30-10:00pm

#30583 Feb 3 Th 7:30-10:00pm

#30584 Mar 3 Th 7:30-10:00pm

#30585 Apr 7 Th 7:30-10:00pm

Northeast Citizens Advisory Council

Location: Brentwood Park

Age: 18yrs and up. Come find out the latest neighborhood happenings and issues. Have a voice in what's going on in your community. Meetings are held at Brentwood Community Center the second Tuesday of every month.

#31919 Jan 11 T 7:00-9:00pm

#31920 Feb 8 T 7:00-9:00pm

#31921 Mar 8 T 7:00-9:00pm

#31922 Apr 12 T 7:00-9:00pm

Pocket PC Introduction

Age: 16yrs and up. Did you receive a Pocket PC for the holidays, already have one, or are planning on buying one in the future? Bring your Pocket PC if you own one as we teach you helpful features in using the Pocket PC. Topics will include: understanding the basic elements of the Pocket PC, setting appointments and alarms, creating time management list, adding contacts and memos, and editing and transferring your files from Microsoft Word and Excel. Sample IPAQ Pocket PCs will be available for students who do not own one. Class Fee: \$35

Jaycee

#33347 Feb 8 T 6:30-9:30pm

Millbrook Exchange

#33348 Mar 9 W 6:30-9:30pm

Pet First Aid

Location: Millbrook Exchange Community Ctr.

Age: 15yrs and up. This course teaches prompt, effective actions and care that will safeguard the life of an injured pet in an emergency. Book is included Class Fee: \$40

#30696 Apr 30 Sa 9:30am-1:00pm

Property Investment and Home Ownership

Location: Method Road Community Center
Age: 18yrs and up. In this class, you will receive much needed information on how to enhance your real estate business and steps to owning a home. This workshop will include these topics of interest: 'Rental Investment Properties', 'Rebuild Your Credit/ Loan Processing for First Time Buyers' (Astrid Taylor, RBC Centura Bank), 'Emergency Assistance Program', 'First Time Home Buying Program', 'Elderly Rehab Program', 'Home Owner/Home Buying Program' (Kim Hubbard, Community Development City of Raleigh). Class Fee: \$0
#33307 Mar 26 Sa 10:00am-1:00pm

Protect Yourself

Location: Method Road Community Center
Age: 18yrs and up. Find out key points in protecting and educating yourself on not becoming a victim. Take the smart way out. Get some needed information that may save your life. Class taught by a City of Raleigh Police Officer. Class Fee: \$0
#33249 Mar 16 W 6:30-8:00pm

Raleigh Stamp Club

Location: Jaycee Community Center
Age: 18yrs and up. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Class Fee: 75¢/person/meeting
#31060 Jan 10 M 7:30-9:00pm
#31061 Feb 7 M 7:30-9:00pm
#31062 Mar 7 M 7:30-9:00pm
#31063 Apr 4 M 7:30-9:00pm

Raleigh-Durham Caged Bird Society

Location: Glen Eden Park
Age: All Ages. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month. Memberships dues are 75¢/person/meeting. No registration necessary.
#33104 Jan 16 Su 1:00-5:00pm
#33105 Feb 20 Su 1:00-5:00pm
#33106 Mar 20 Su 1:00-5:00pm
#33107 Apr 17 Su 1:00-5:00pm

Reading - Book Club

Location: Carolina Pines Community Center
Age: 18yrs and up. Like to read? Why not join our book club. Join our group on Monday nights this spring to join in on group discussion of a selected book. The group will not meet on Jan 17. Class Fee: \$0
#32252 Jan 10-Apr 25 M 5:30-6:30pm

Resume Writing 101

Location: Method Road Community Center
Age: 19yrs and up. Job hunting? Your resume may be the first key to your success. Basic resume writing and interviewing for

beginners and those wanting to get back in today's demanding job market. This is a great opportunity to upgrade and enhance existing resumes as well as sharpen your interviewing skills. Class Fee: \$0
#33159 Mar 10-24 Th 7:00-8:30pm

Sign Language Beginners

Location: Laurel Hills Community Center
Age: 18yrs and up. Introduction to American Sign Language (ASL). Class includes introduction to ASL, it's culture, along with basic sign vocabulary. Involves actual 'hands on' practice. An excellent educational experience into the life and culture of people with hearing disabilities. Class Fee: \$40
#32849 Jan 10-Feb 7 M 7:15-8:30pm
#32850 Feb 21-Mar 14 M 7:15-8:30pm
#32851 Apr 4-25 M 7:15-8:30pm

Spanish - Intermediate

Age: 18yrs and up. This course is a continuation of Introduction to Spanish with a more advanced level of listening and speaking. The past tense of verbs is introduced at this level. Class Fee: \$48
Millbrook
#31354 Mar 7-Apr 11 M 6:30-8:30pm
Method
#32341 Mar 8-Apr 12 T 7:00-9:00pm
Top Green
#32342 Mar 2-Apr 6 W 7:00-9:00pm
Lake Lynn
#32343 Feb 17-Mar 24 Th 6:30-8:30pm
Ralph Campbell
#32344 Feb 22-Mar 29 T 6:30-8:30pm
Peach Road
#32345 Mar 9-Apr 27 W 6:00-8:00pm

Spanish - Introduction

Location: Millbrook Exchange Community Ctr.
Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, dialogues, and present tense of verbs are covered. Class Fee: \$48
Millbrook
#31352 Jan 24-Feb 28 M 6:30-8:30pm
#31353 Apr 18-May 23 M 6:30-8:30pm
Method
#32348 Jan 25-Mar 1 T 7:00-9:00pm
#32349 Apr 19-May 24 T 7:00-9:00pm
Top Green
#32350 Jan 12-Feb 16 W 7:00-9:00pm
#32351 Apr 13-May 18 W 7:00-9:00pm
Lake Lynn
#32354 Jan 6-Feb 10 Th 6:30-8:30pm
#32355 Mar 31-May 5 Th 6:30-8:30pm
Peach Road
#32356 Jan 11-Feb 15 T 6:00-8:00pm
#32357 Mar 8-Apr 12 T 6:00-8:00pm

Splash Splash the Natural Bath

Location: Green Road Community Center
Age: 10yrs and up. Learn how to make bubble bath, bath salts, bath fizzies, bath tea bags, foaming bath oil and foaming milk bath. Makes a nice gift basket for someone special or just enjoy them yourself! All materials supplied by the instructor. Class Fee: \$20
#32916 Jan 22 Sa 2:30-4:00pm

Tax Assistance

Location: Pullen Community Center
Age: 18yrs and up. AARP/IRS tax aid is available for middle and low income individuals and senior citizens who need assistance in preparing their 2004 income tax returns. The service is sponsored by the American Association of Retired Persons and the Internal Revenue Service. Volunteer tax counselors, trained by the IRS, will help complete both Federal and North Carolina tax forms between February 1 and April 15, 2005. Those requesting help will be assisted on a first come, first serve basis. Please bring any 2004 tax forms you have received, copies of your 2003 returns, all records of income (salaries, pensions, interest, dividends, etc.), a listing of deductions, and other pertinent information. Class Fee: \$0
#30569 Feb 1-Apr 14 T,Th,Sa 1:00-4:00pm

Teens to Adulthood

Location: Millbrook Exchange Community Ctr.
Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact Kathy Honeyman at honeymank@earthlink.net. Class Fee: \$0
#30964 Jan 8 Sa 9:30-11:00am
#30965 Feb 12 Sa 9:30-11:00am
#30966 Mar 12 Sa 9:30-11:00am
#30967 Apr 9 Sa 9:30-11:00am

Video Editing Class

Location: Jaycee Community Center
Age: 16yrs and up. This class will focus on editing analog and digital video through your computer. Learn to capture, edit, and share video with friends and family. Transform home videos into Hollywood style movies by enhancing them with professional transitions, scrolling titles, music and voice-over narration. Share movies with others via tape, and DVD+R. Everything needed for the class is supplied including sample videos. Class Fee: \$60
#33337 Jan 24-26 M,W 6:30-9:30pm
#33338 Feb 28-Mar 2 M,W 6:30-9:30pm

Connect With The World!

Location: Green Road Community Center
Age: 18yrs and up. By the end of this seminar, you will know how to design your own professional, yet affordable, website in minutes, set up e-commerce (paying online) at no cost, register your domain name, market

Connect With The World continued next page —

Connect With The World continued —

your site and much, much more. You will leave with the ability to either start your own web based business, the ability to get your current business online or the ability to put a family site together with a photo album and more. This program is straightforward—no nonsense with no software to buy or download. You will not hear a bunch of technical jargon: HTML, etc. You'll be amazed at how easy it is to get up and running! This seminar is free, but please pre-register. David Williams instructs. Class Fee: \$0

#32268	Feb 21	M	6:30-9:00pm
#32269	Apr 11	M	6:30-9:00pm
#32773	Mar 22	T	6:30-9:00pm

Web Page Design

Age: 14yrs and up. This class teaches the basics of Web Page design using Netscape Composer which is a free downloadable program from the Web. The class is 5 hours in length. Participants should have intermediate computer knowledge. Class Fee: \$60

Green Road

#33343	Mar 1-3	T,Th	6:30-9:00pm
Jaycee			
#33344	Apr 19-21	T,Th	6:30-9:00pm

Women's Forum

Location: Walnut Terrace Community Center
Age: 18yrs and up. The opportunity to discuss issues that matter to you will be the focus of this program. Issues will include: fitness, nutrition, parental responsibilities, money management and more. No childcare is provided. Class Fee: \$0

#32040	Jan 6-Apr 28	Th	10:00am-12:00pm
#32041	Jan 4-Apr 26	T	6:30-8:30pm

Senior

Financial Management Workshop

Location: Roberts Park Community Center
Age: 55yrs and up. You are never too old to budget. Learn to make the most of your money and learn how to let your money work for you. Come to the workshop and discover how to evaluate your credit, correct financial problems, develop a budget, utilize the budget, get out of debt and stay out. Door Prizes. Class Fee:

#32770	Mar 25	F	10:30am-12:00pm
#32771	Apr 29	F	10:30am-12:00pm

Osteoporosis Support Group

Location: Pullen Community Center
Age: 18yrs and up. Osteoporosis support group meetings are informative and interactive. Guest speakers are scheduled. Group meets the 1st Monday of each month. Class Fee: \$0

#30513	Jan 10-Apr 4	M	1:30-3:00pm
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Family

Fast But Not Furious Skincare

Location: Green Road Community Center
Age: 10yrs and up. Want the benefits of natural custom skin care products but lack the time to make them from scratch? Then

this is the class for you! We'll use liquid soap base, melt and pour bar soap base, and lotion base to quickly customize skin care products to meet your needs using essential oils, soft oils and herbs. Learn how to make products to help poison ivy, aging skin, sensitive skin, and all other skin types. Materials are supplied by the instructor. Class Fee: \$20

Fly Fishing School

Location: Lake Wheeler

Age: 12yrs and up. Conducted by the Great Outdoor Provision Company. Well known throughout North Carolina, this course covers casting, knots, fly selection, tactics for trout, along with strategies for warm water and saltwater fish in great detail. The instructors fish extensively throughout North Carolina and will be providing highly accurate local information. Rank beginners can expect to gain the knowledge and skills necessary to successfully fly fish on their own. Tuition covers lunch, all learning loaner equipment, and a detailed Orvis Fly Fishing textbook. Class Fee: \$135

#30808	Mar 26	Sa	9:00am-5:00pm
#30809	Apr 24	Su	9:00am-5:00pm

Forever Frosty the Snowman

Location: Chavis Community Center

Age: 10yrs and up. Learn about different hand sewing techniques while making an adorable snowman for your home that will never melt. Class Fee: \$10

#33141	Jan 4	T	5:30-7:30pm
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Pet First Aid & CPR

Location: Lake Johnson

Age: 12yrs and up. The Triangle Area Chapter and Raleigh Parks & Recreation Department is pleased to offer the community First Aid for Dogs and Cats. The goal of pet first aid is to protect both pet owners and their pets from further harm, injury or suffering during emergencies by teaching prompt, effective actions and care that will safeguard the life of an injured pet. Class Fee: \$35

#32315	Apr 30	Sa	9:00am-12:30pm
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Reading - Parent/Children Book Club

Location: Peach Road

Age: 9-12 yrs. Discover the joys of sharing a book with your children. Do for them, what Ophra Winfrey did for adults around the world through her book club. Through book discussions parents and children will examine themes and characters within the books. Children will develop comprehension skills and speaking skills by learning to express their ideas. Students and Parents will meet the 2nd Monday of every month. Class Fee: \$0

#33004	Jan 10-Feb 7	M	7:00-8:00pm
#33023	Feb 14-Mar 14	M	7:00-8:00pm
#33024	Mar 14-Apr 11	M	7:00-8:00pm

Sailing aboard a 23' Sloop Introduction

Location: Lake Wheeler

Age: 14-90 yrs. This 3-hour course is designed for individuals with little to no sailing experience, but who desire to explore

the exciting recreational opportunities provided by sailing. Students are familiarized with basic sailing principles, points of sail, sailing vessel operation and components, the importance of safety, and basic vessel operation aboard a 23' sloop. All instruction will be provided on the water and at dock-side. Class Fee: \$80

#30811	Mar 19	Sa	9:00am-12:00pm
#30812	Mar 19	Sa	1:00-4:00pm
#30813	Mar 20	Su	9:00am-12:00pm
#30814	Mar 20	Su	1:00-4:00pm
#30815	Apr 30	Sa	9:00am-12:00pm
#30816	Apr 30	Sa	1:00-4:00pm
#30817	May 1	Su	9:00am-12:00pm
#30818	May 1	Su	1:00-4:00pm

Sunset Sailboat Cruises

Location: Lake Wheeler

Age: 2-90 yrs. Spend a few hours relaxing on the open waters of Lake Wheeler, being introduced to some basic sailing fundamentals, observing wildlife, and learning about the history of the lake. Conducted aboard a 23' Sailing Sloop, these cruises will be held to 2 hours each (approximate). Bagged dinners/snacks are encouraged as these two-hour tours will be confined between 3pm and 8pm (depending on month). Class Fee: \$25

#30828	Mar 12	Sa	3:00-5:00pm
#30829	Mar 13	Su	3:00-5:00pm
#30830	Apr 9	Sa	4:00-6:00pm
#30831	Apr 10	Su	4:00-6:00pm

Voice Lesson I

Location: Lake Johnson

Age: 16yrs and up. Focus will be on Basics of posture, breathing, tone quality, diction, and voice care. Class is taught by James Longmire. James received his doctorate of Musical Arts in 1998 from the University of South Carolina. He has instructed voice lessons since 1981. He is also a frequent soloist with both the North Carolina Symphony and the Raleigh Oratorio Society. Class Fee: \$100

#32327	Feb 9-Mar 16	W	3:00-4:00pm
#32328	Mar 23-Apr 27	W	3:00-4:00pm

Voice Lesson II

Location: Lake Johnson

Age: 16yrs and up. Continuation of posture, breathing, tone quality, diction, and voice control from Voice Lesson I; emphasis will be on vocal technique, interpretation, and artistic singing. Class is taught by James Longmire. Class Fee: \$100

#32339	Feb 9-Mar 16	W	4:00-5:00pm
#32340	Mar 23-Apr 27	W	4:00-5:00pm

Voice Lesson III

Location: Lake Johnson

Age: 16yrs and up. Continuation of posture, breathing, tone quality, diction, and voice control from Voice Lesson I and vocal technique, interpretation, and artistic singing from Voice Lesson II; emphasis will be on expression, stage presence, and career plan. Class is taught by James Longmire. Class Fee: \$100

#32346	Feb 9-Mar 16	W	5:00-6:00pm
#32347	Mar 23-Apr 27	W	5:00-6:00pm

Preschool

Baseball - Lil' Fielders

Location: Carolina Pines Community Center

Age: 4-5yrs. Play Ball! This class will introduce students to the basic skills of T-ball baseball such as throwing, fielding, hitting from a tee and base running. This is a great start for those interested in playing in the summer T-ball league. Class Fee: \$28
#32289 Feb 7-28 M 5:15-6:00pm

Basketball - Teeny Hoops

Location: Lake Lynn Community Center

Age: 3yrs. Just for 3's. Strengthen hand-eye coordination while developing your basketball and social skills. The class is designed to get your child familiar with basketball.

Class Fee: \$30

#31991	Jan 4-25	T	11:15am-12:00pm
#31992	Feb 1-22	T	11:15am-12:00pm
#31993	Mar 1-22	T	11:15am-12:00pm
#31994	Apr 5-26	T	11:15am-12:00pm
#31995	Jan 5-26	W	10:15-11:00am
#31996	Feb 2-23	W	10:15-11:00am
#31997	Mar 2-23	W	10:15-11:00am
#31998	Apr 6-27	W	10:15-11:00am

Basketball - Tiny Hoops

Location: Lake Lynn Community Center

Age: 4-5yrs. Strengthen hand-eye coordination while developing your basketball and social skills. The class is designed to get your child familiar with basketball. Class Fee: \$30

#31999	Jan 4-25	T	2:15-3:00pm
#32000	Feb 1-22	T	2:15-3:00pm
#32001	Mar 1-22	T	2:15-3:00pm
#32002	Apr 5-26	T	2:15-3:00pm
#32104	Jan 5-26	W	1:15-2:00pm
#32107	Feb 2-23	W	1:15-2:00pm
#32108	Mar 2-23	W	1:15-2:00pm
#32109	Apr 6-27	W	1:15-2:00pm

Cheerleading - Little Pom Poms

Location: Lake Lynn Community Center

Age: 3-5yrs. Pom Pom routines that are very easy to follow and learn. Exciting cheer dance steps incorporating spins, swirls, stunts, calls, weaves, squats, chants, burrels and rotations will be taught. Class is designed to promote fun and fitness. Class Fee: \$30

#31924	Jan 3-31	M	2:00-2:45pm
#31925	Feb 7-28	M	2:00-2:45pm
#31926	Mar 7-28	M	2:00-2:45pm
#31927	Apr 4-25	M	2:00-2:45pm

Daddy and Me Sports Zone

Location: Laurel Hills Community Center

Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Class Fee: \$36

#31552	Jan 8-29	Sa	9:30-10:15am
#31553	Feb 5-26	Sa	9:30-10:15am
#31554	Mar 5-Apr 2	Sa	9:30-10:15am
#31555	Apr 9-30	Sa	9:30-10:15am

Dance - Creative Movements

Location: Lake Lynn Community Center

Age: 2-3yrs. Fun and exciting creative movements in dance! Especially designed for preschoolers to enhance motor skills. Locomotive steps and dance patterns that are short and easy to follow. Excellent experience for 'little people' to develop social skills and fitness. Class Fee: \$40

#31786	Jan 5-26	W	11:15am-12:00pm
#31787	Feb 2-23	W	11:15am-12:00pm
#31788	Mar 2-23	W	11:15am-12:00pm
#31789	Mar 30-Apr 20	W	11:15am-12:00pm
#31853	Jan 8-29	Sa	1:30-2:15pm
#31854	Feb 5-26	Sa	1:30-2:15pm
#31855	Mar 5-26	Sa	1:30-2:15pm
#31856	Apr 2-23	Sa	1:30-2:15pm

Exercise - Creative Movement

Location: Sertoma Arts Center

Age: 3-5yrs. This class is a fun and exciting way to introduce your child to dance and other creative ways of moving. With the help of fun music, we will be exploring music and rhythm while developing basic motor skills. Parents are invited to watch the last class. Parent does not attend class with child. 6 sessions. Class #31668 skips Mar 22. Lene Judge instructs. Class Fee: \$44

#31667	Jan 18-Feb 22	T	10:30-11:30am
#31668	Mar 15-Apr 26	T	10:30-11:30am

Exercise - Tiny Tot Fitness

Location: Sertoma Arts Center

Age: 2yrs. Emphasis is on socializing with other 2 year olds through a combination of creative dance, basic gymnastics, and the use of parachutes. Parent attends with child.

To ensure the one-on-one experience of the parent/child classes, the Arts Center requires that only those registered attend. Because of distraction problems, older and younger siblings may not accompany the registered child to these classes. 6 sessions. Class #31666 skips Mar 22. Lene Judge instructs. Class Fee: \$34

#31665	Jan 18-Feb 22	T	9:30-10:15am
#31666	Mar 15-Apr 26	T	9:30-10:15am

Golf - Little Putters

Location: Lake Lynn Community Center

Age: 4-5yrs. Lets get together and learn about the great sport of golf. Children will learn how to putt and chip as they progress through the class. Focusing on fun is the main attraction. Class Fee: \$32

#31928	Jan 7-28	F	1:15-2:00pm
#31929	Feb 4-25	F	1:15-2:00pm
#31930	Mar 4-Apr 1	F	1:15-2:00pm
#31931	Apr 8-29	F	1:15-2:00pm

Gymnastics - Beginning

Location: Green Road Community Center

Age: 4-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned.

Little or no experience needed. Class Fee: \$36

#31461	Jan 14-Feb 4	F	1:15-2:00pm
#31462	Feb 18-Mar 11	F	1:15-2:00pm
#31463	Apr 8-29	F	1:15-2:00pm

Gymnastics - Parent & Tot

Location: Green Road Community Center

Age: 1-2yrs. This is a parent-tot participation class. At least one parent must attend. Fun and exciting learning includes stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. Class Fee: \$36

#31455	Jan 14-Feb 4	F	10:30-11:15am
#31456	Feb 18-Mar 11	F	10:30-11:15am
#31457	Apr 8-29	F	10:30-11:15am

Hockey - Teeny Sticks 'N' Pucks

Location: Lake Lynn Community Center

Age: 3yrs. A sports program to teach the basic fundamentals of hockey in a fun and energetic way. Class Fee: \$30

#31982	Jan 6-27	Th	9:15-10:00am
#31983	Feb 3-24	Th	9:15-10:00am
#31984	Mar 3-24	Th	9:15-10:00am
#31985	Apr 7-28	Th	9:15-10:00am

Hockey - Tiny Sticks 'n' Pucks

Location: Lake Lynn Community Center

Age: 4-5yrs. A sports program to teach the basic fundamentals of hockey. Come join us for loads of fun and burn some of that energy up! Class Fee: \$30

#31978	Jan 3-31	M	1:15-2:00pm
#31979	Feb 7-28	M	1:15-2:00pm
#31980	Mar 7-28	M	1:15-2:00pm
#31981	Apr 4-25	M	1:15-2:00pm
#32097	Jan 7-28	F	10:15-11:00am
#32098	Feb 4-25	F	10:15-11:00am
#32099	Mar 4-Apr 1	F	10:15-11:00am
#32101	Apr 8-29	F	10:15-11:00am

Jump-N-Gym 2's

Location: Laurel Hills Community Center

Age: 18-36mths. Class helps children with balance and coordination while encouraging interaction in a structured environment. This is a 4 week class. Class Fee: \$28

#32893	Jan 6-27	Th	9:00-9:45am
#32894	Feb 3-24	Th	9:00-9:45am
#32895	Mar 3-31	Th	9:00-9:45am
#32896	Apr 7-28	Th	9:00-9:45am

Karate Tikes

Location: Laurel Hills Community Center

Age: 3-5yrs. In this introductory class, young children will direct their boundless energy to basic punches, kicks, blocks, and stances in this structured yet playful Karate class. Instruction will emphasize concepts of self confidence, concentration, respect for others, and physical fitness. Comfortable shirts and pants are recommended. No additional equipment necessary. Class Fee: \$30

#31533	Jan 4-25	T	5:30-6:00pm
#31534	Feb 1-22	T	5:30-6:00pm
#31535	Mar 1-29	T	5:30-6:00pm
#31536	Apr 5-26	T	5:30-6:00pm

Preschool Fun

Location: Worthdale Community Center

Age: 3-5yrs. Preschoolers will enjoy learning a variety of sports and group games. Call for reservations. Class Fee: 50¢

#32551	Jan 17	M	10:00-11:00am
#32552	Jan 24	M	10:00-11:00am
#32553	Jan 31	M	10:00-11:00am

Preschool Fun continued next page —

Preschool Fun continued —

#32554	Feb 7	M	10:00-11:00am
#32555	Feb 14	M	10:00-11:00am
#32556	Feb 21	M	10:00-11:00am
#32557	Feb 28	M	10:00-11:00am
#32558	Mar 7	M	10:00-11:00am
#32559	Mar 14	M	10:00-11:00am
#32560	Mar 21	M	10:00-11:00am
#32561	Mar 28	M	10:00-11:00am
#32562	Apr 4	M	10:00-11:00am
#32563	Apr 11	M	10:00-11:00am
#32564	Apr 18	M	10:00-11:00am
#32565	Apr 25	M	10:00-11:00am

Preschool Gymnastics

Location: Laurel Hills Community Center
 Age: 3-5yrs. This beginner gymnastics class will teach your child the basics of tumbling, jumping, rolling, and balance. Class Fee: \$36

#32979	Jan 8-29	Sa	11:30am-12:15pm
#32980	Feb 5-26	Sa	11:30am-12:15pm
#32981	Mar 5-Apr 2	Sa	11:30am-12:15pm
#32982	Apr 9-30	Sa	11:30am-12:15pm

Soccer - Lil' Kickers

Location: Carolina Pines Community Center
 Age: 4-5yrs. Pass, Dribble, Kick, scooooo! Soccer class designed to teach the fundamentals of soccer. Class Fee: \$28

#32394	Apr 4-25	M	5:15-6:00pm
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Soccer - Teeny Kicks

Location: Lake Lynn Community Center
 Age: 3yrs. Develop your soccer and social skills in a fun learning environment. The class is designed to get your child familiar with soccer, not to teach advanced techniques. Class Fee: \$30

#32129	Jan 4-25	T	9:15-10:00am
#32130	Feb 1-22	T	9:15-10:00am
#32131	Mar 1-22	T	9:15-10:00am
#32132	Apr 5-26	T	9:15-10:00am
#32133	Jan 5-26	W	9:15-10:00am
#32147	Feb 2-23	W	9:15-10:00am
#32148	Mar 2-23	W	9:15-10:00am
#32149	Apr 6-27	W	9:15-10:00am

Soccer - Tiny Kicks

Location: Lake Lynn Community Center
 Age: 4-5yrs. Develop your soccer skills and social skills in a fun learning environment. The class is designed to get your child familiar with soccer, not to teach advanced techniques. Class Fee: \$30

#32180	Jan 3-31	M	2:15-3:00pm
#32181	Feb 7-28	M	2:15-3:00pm
#32182	Mar 7-28	M	2:15-3:00pm
#32183	Apr 4-25	M	2:15-3:00pm
#32184	Jan 4-25	T	1:15-2:00pm
#32185	Feb 1-22	T	1:15-2:00pm
#32186	Mar 1-22	T	1:15-2:00pm
#32187	Apr 5-26	T	1:15-2:00pm

Soccer - Tot-Lot Soccer

Location: Optimist Community Center
 Age: 3-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of soccer. Participants will be introduced to soccer skills such as dribbling, passing, and shooting in a safe, noncompetitive environment. Class Fee: \$28

#31067	Mar 1-29	T	5:30-6:15pm
#32475	Jan 7-28	F	11:15am-12:00pm

Sports - Dribble, Kick, Shoot & Swing

Location: Lake Lynn Community Center
 Age: 4-5yrs. An introduction to basketball, soccer, t-ball and floor hockey for your preschoolers. Class will stress lots of movement. Hand-eye coordination and social skills will be developed. Class Fee: \$30

#31945	Jan 5-26	W	11:15am-12:00pm
#31946	Feb 2-23	W	11:15am-12:00pm
#31947	Mar 2-23	W	11:15am-12:00pm
#31948	Apr 6-27	W	11:15am-12:00pm
#31949	Jan 6-27	Th	1:15-2:00pm
#31950	Feb 3-24	Th	1:15-2:00pm
#31951	Mar 3-24	Th	1:15-2:00pm
#31954	Apr 7-28	Th	1:15-2:00pm

T-Ball - Teeny T's

Location: Lake Lynn Community Center
 Age: 3yrs. A recreational sports program designed to introduce your children the basic fundamentals of T-Ball. Just have fun! Class Fee: \$30

#32174	Jan 6-27	Th	10:15-11:15am
#32175	Feb 3-24	Th	10:15-11:15am
#32176	Mar 3-24	Th	10:15-11:00am
#32177	Apr 7-28	Th	10:15-11:00am

T-Ball - Tiny T's

Location: Lake Lynn Community Center
 Age: 4-6yrs. A recreational sports program designed to teach children the basic fundamentals of T-ball. Class Fee: \$30

#32160	Jan 3-31	M	11:15am-12:00pm
#32165	Feb 7-28	M	11:15am-12:00pm
#32166	Mar 7-28	M	11:15am-12:00pm
#32167	Apr 4-25	M	11:15am-12:00pm
#32169	Jan 5-26	W	2:15-3:00pm
#32170	Feb 2-23	W	2:15-3:00pm
#32171	Mar 2-23	W	2:15-3:00pm
#32172	Apr 6-27	W	2:15-3:00pm

T-Ball - Tot-Lot

Location: Optimist Community Center
 Age: 3-5yrs. A wonderful introductory sports class that focuses on the fundamental skills of T-ball each week. Participants will be introduced to baseball skills such as throwing, catching, and hitting in a safe, non-competitive environment. Class Fee: \$28

#31040	Feb 1-22	T	5:30-6:15pm
#31064	Apr 5-26	T	5:30-6:15pm

The Works Sports Class

Location: Millbrook Exchange Community Ctr.
 Age: 4-5yrs. Can't pick just one sport? This class is for the young sports enthusiasts wanting to learn about soccer, baseball, basketball, and football to give them an introduction to sports. There will be no class Mar. 26th. Class Fee: \$30

#30707	Mar 12-Apr 9	Sa	2:15-3:00pm
#30708	Apr 23-May 14	Sa	2:15-3:00pm

Tot-Lot Playtime

Location: Optimist Community Center
 Age: 9-5mths. Get the kids out of the house for a little fun and socialization! The kids will get a chance to interact with others their age while they run, jump, and play. No matter what the NC weather may bring, you are always welcome inside the Optimist community center. Parents and/or providers

are responsible for their children inside the gym. Class Fee: \$0

#30992	Jan 10-Apr 26	M-T	9:00am-12:00pm
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Tumble Bugs

Location: Laurel Hills Community Center
 Age: 3-5yrs. Discover how fun gymnastics can be through stretching, tumbling, balancing, fitness, and exercise. Have fun with new friends in this socially interactive class designed especially for the energetic preschooler. Class Fee: \$36

#32897	Jan 6-27	Th	10:00-10:45am
#32898	Feb 3-24	Th	10:00-10:45am
#32899	Mar 3-31	Th	10:00-10:45am
#32901	Apr 7-May 28	Th	10:00-10:45am

Youth**Body Rhythm**

Location: Roberts Park Community Center
 Age: 9-16yrs. Do you like to dance? Do you have rhythm? Would you like to move your body to various hip hop beats? A great way to learn new moves, stay fit and socialize. Class Fee:

#32178	Mar 7-28	M	6:30-7:30pm
#32179	Apr 18-May 9	M	6:30-7:30pm

Cheer and Baton

Location: Green Road Community Center
 Age: 5-10yrs. Learn the basics of cheerleading by combining pom-poms, chants and rhythmic movement, styles and routines. Fun, exciting and builds self-confidence while promoting fitness. Students will use plastic batons that are safe that need to be purchased by the student. Class Fee: \$36

#31464	Jan 14-Feb 4	F	3:15-4:00pm
#31465	Feb 18-Mar 11	F	3:15-4:00pm
#31466	Apr 8-29	F	3:15-4:00pm

Cheerleading - Cheer America

Location: Optimist Community Center
 Age: 4-14yrs. 'Cheer America' is a fun and exciting cheerleading program for boys and girls. This program is designed to promote coordination, confidence, and physical fitness. The program will teach basic skills required for middle school and high school tryouts. Class Fee: \$65

Ages 4-7

#30996	Jan 28-Apr 29	F	6:00-6:45pm
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Ages 8-10

#30997	Jan 28-Apr 29	F	6:45-7:30pm
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Ages 11-14

#30998	Jan 28-Apr 29	F	7:30-8:15pm
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All Stars

#30999	Jan 28-Apr 29	F	8:15-9:00pm
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Cheerleading - Pom Pom Fun

Location: Peach Road
 Age: 5-12yrs. Peach Road Community Center would like to invite children to learn, develop, and have fun being a Cheerleader! This program will teach young children the basics of cheerleading; including stunting, jumps, dance, cheer, and tumbling. Children will develop basic skills that can be applied to cheerleading, dance, and gymnastics for future endeavors. Class Fee: \$0

#32789	Jan 3-24	M	7:00-8:00pm
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Cheerleading - Young Olympians

Location: Carolina Pines Community Center
 Age: 4-6yrs. A Young Olympians program that teaches cheerleading skills and promotes physical fitness, coordination, confidence and fun! *Students must try out for the All-Star course. (2 Payments of \$32.50 can be made.) Class Fee: \$65
 #32286 Jan 26-Apr 27 W 6:00-6:45pm
 #32287 Jan 26-Apr 27 W 6:45-7:15pm

Dance I

Location: Chavis Community Center
 Age: 3-5yrs. Your stars will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60
 #33124 Jan 5-26 W 5:30-6:30pm
 #33125 Feb 2-23 W 5:30-6:30pm
 #33126 Mar 2-30 W 5:30-6:30pm
 #33127 Apr 6-27 W 5:30-6:30pm

Dance II

Location: Chavis Community Center
 Age: 6-8yrs. Your star will shine after learning tap, jazz and ballet. Participants will show the skills they have learned through performances, competitions and parades. Class Fee: \$60
 #33128 Jan 3-24 M 5:00-6:30pm
 #33129 Feb 7-28 M 5:00-6:30pm
 #33130 Mar 7-28 M 5:00-6:30pm
 #33131 Apr 4-25 M 5:00-6:30pm

Dance III

Location: Chavis Community Center
 Age: 9-11yrs. Learn tap, ballet and jazz and show the skills you have learned through performances, competitions and parades. Class Fee: \$60
 #33132 Jan 5-26 W 6:30-8:00pm
 #33133 Feb 2-23 W 6:30-8:00pm
 #33134 Mar 2-23 W 6:30-8:00pm
 #33135 Apr 6-27 W 6:30-8:00pm

Dance IV

Location: Chavis Community Center
 Age: 12yrs and up. Learn tap, jazz and ballet and show the skills that you have learned through performances, competitions and parades. Class Fee: \$60
 #33136 Jan 3-17 M 6:30-8:00pm
 #33137 Feb 7-28 M 6:30-8:00pm
 #33138 Mar 7-28 M 6:30-8:00pm
 #33139 Apr 4-25 M 6:30-8:00pm

Double Dutch for Fun

Location: Green Road Community Center
 Age: 6-17yrs. If you like jumping rope with one rope, then jumping rope with two ropes will be twice the fun! Participants will develop their coordination skills in an environment that emphasizes positive reinforcement and group interaction. Boys and girls are welcome; be sure to wear comfortable clothes and sneakers. Children will be divided by age within the class. Double dutch ropes will be provided. Class Fee: \$64
 #31923 Apr 2-May 21 Sa 9:30-10:30am

Fitness Class for Youth

Location: Halifax Community Center
 Age: 14-17yrs. This is for all men who would like to start toning their bodies by doing exercises and weight training. Class Fee: \$10
 #32083 Jan 31-Feb 23 M,W 5:00-6:15pm
 #32084 Mar 2-28 M,W 5:00-6:15pm
 #32085 Apr 4-27 M,W 5:00-6:15pm

Football - Tiny Punters

Location: Lake Lynn Community Center
 Age: 4-5yrs. Strengthen hand-eye coordination while developing your football and social skills. The class is designed to get your child familiar with football and to have fun. Class Fee: \$30
 #31969 Jan 7-28 F 11:15am-12:00pm
 #31970 Feb 4-25 F 11:15am-12:00pm
 #31971 Mar 4-Apr 1 F 11:15am-12:00pm
 #31972 Apr 8-29 F 11:15am-12:00pm

Gymnastics - Elementary

Location: Green Road Community Center
 Age: 5-11yrs. Fun exercise! Stunts, tumbling, balance and coordination. Apparatus and floor routines combined into movement patterns. Little/no experience required. Class Fee: \$36
 #31467 Jan 14-Feb 4 F 4:30-5:15pm
 #31468 Feb 18-Mar 11 F 4:30-5:15pm
 #31469 Apr 8-29 F 4:30-5:15pm

Gymnastics - Parent & Preschooler

Location: Green Road Community Center
 Age: 3-4yrs. Preschoolers will learn the basic skills and techniques of gymnastics. Enjoy the fun of routines, patterns, various stunts and movement combinations are learned with parents to assist. Must be potty trained. Parent or guardian will also be asked to participant in this class. Class Fee: \$36
 #31458 Jan 14-Feb 4 F 11:30am-12:15pm
 #31459 Feb 18-Mar 11 F 11:30am-12:15pm
 #31460 Apr 8-29 F 11:30am-12:15pm

Gymnastics - Tumbling

Location: Lake Lynn Community Center
 Age: 7-16yrs. Do you like to do cartwheels, combination rolls, round-offs, bridge/walkovers, head/handstands, stunts, and more? Have fun and learn how to put these skills into floor routines for gymnastics and cheer. Learn control, balance, and skills techniques. No experience is necessary. Class Fee: \$42
 #32235 Jan 3-31 M 4:00-5:00pm
 #32236 Feb 7-28 M 4:00-5:00pm
 #32237 Mar 7-28 M 4:00-5:00pm
 #32238 Apr 4-25 M 4:00-5:00pm

Jump Rope - Double Dutch

Location: Roberts Park Community Center
 Age: 6-16yrs. Do you have eye-to-foot coordination? Put your eyes and feet to the test with two jump ropes simultaneously rotating in opposite directions. If you can jump, you can join the fun. Girls and Boys are welcome. Class Fee: \$10
 #32164 Feb 4-Mar 11 F 6:00-8:00pm
 #32190 Apr 1-May 6 F 5:30-7:30pm



Fitness continued next page —

Fitness continued —

Karate - Little Tigers

Location: Lake Lynn Community Center

Age: 5-6yrs. This program will introduce your child to the art of Shorin-Ryn Karate, along with improving balance and coordination as well as leadership. Class Fee: \$39
 #31862 Jan 3-Feb 2 M,W 4:30-5:15pm
 #31863 Feb 7-Mar 2 M,W 4:30-5:15pm
 #31864 Mar 7-30 M,W 4:30-5:15pm
 #31865 Apr 4-27 M,W 4:30-5:15pm

Karate - Youth/Adult Okinawan Shorin-Ruy

Location: Lake Lynn Community Center

Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ruy Karate-DO Okinawan and Kata. Class Fee: \$44

#31858 Jan 3-Feb 2 M,W 5:30-6:30pm
 #31859 Feb 7-Mar 2 M,W 5:30-6:30pm
 #31860 Mar 7-30 M,W 5:30-6:30pm
 #31861 Apr 4-27 M,W 5:30-6:30pm

Karate at Campbell

Location: Ralph Campbell Community Center

Age: 6yrs and up. This class will provide discipline for children, while providing exercise and self-defense. Class Fee: \$10
 #33070 Jan 8-Apr 23 Sa 10:00am-12:00pm

Karate at Tarboro Rd.

Location: Tarboro Road Community Center

Age: 5-15yrs. Tae Kwon Do style Defense and self discipline for beginning and Advanced students. Class Fee: \$25
 #33265 Jan 3-26 M,W 6:30-7:30pm
 #33266 Feb 7-23 M,W 6:30-7:30pm
 #33267 Mar 2-28 M,W 6:30-7:30pm
 #33268 Apr 4-27 M,W 6:30-7:30pm

Karate Kids

Location: Laurel Hills Community Center

Age: 5-12yrs. This class introduces older children to basic movements of Karate as well as principles of Karate including focus, personal excellence, and respect for others. Comfortable shirts and pants are recommended. Class Fee: \$36
 #31537 Jan 4-25 T 6:00-6:45pm
 #31538 Feb 1-22 T 6:00-6:45pm
 #31539 Mar 1-29 T 6:00-6:45pm
 #31540 Apr 5-26 T 6:00-6:45pm

Kinder Tae Kwon Do

Location: Lions Park Community Center

Age: 4-6yrs. Martial arts class for youth beginners that provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class Fee: \$25
 #30795 Jan 6-Feb 3 Th 6:30-7:30pm
 #30796 Feb 3-24 Th 6:30-7:30pm
 #30797 Mar 3-24 Th 6:30-7:30pm
 #30798 Apr 7-28 Th 6:30-7:30pm

Ropes - Jumping Fanatics

Location: Walnut Terrace Community Center
 Age: 6-18yrs. Double-dutching for all. Learn

the history and basic techniques. Class Fee: \$0
 #32722 Jan 6-Apr 28 Th 6:00-7:30pm

Self Defense - Kids

Location: Optimist Community Center

Age: 4-14yrs. This self-defense course for boys and girls is designed for self-awareness and fun. Emphasis is on self-discipline rather than aggressiveness. A certified black belt will instruct various basic self-defense/karate techniques and forms. No physical contact is allowed in beginner classes. Participants who complete the course with perfect attendance will receive a medal. Testing is available for rank promotion. Class Fee: \$65
Self Defense for New Students ages 4-14

#30993 Jan 24-Apr 18 M 6:00-6:45pm
Yellow Belts ages 4-14
 #30994 Jan 24-Apr 18 M 6:45-7:30pm
All Orange Belts and above ages 4-14
 #30995 Jan 24-Apr 18 M 7:30-8:15pm

Self Defense - Young Olympians

Location: Carolina Pines Community Center

Age: 7-14yrs. A Young Olympians program emphasizing child safety, awareness, and physical fitness. Students gain confidence in a fun learning atmosphere. (2 Payments of \$32.50 accepted) Class Fee: \$65
 #32265 Jan 25-Apr 19 T 6:00-6:45pm
 #32266 Jan 25-Apr 19 T 6:45-7:30pm
 #32267 Jan 25-Apr 19 T 7:30-8:15pm

Soccer Saturdays

Location: Worthdale Community Center

Age: 6-12yrs. Learn to play soccer at an instructional session. Children are given the opportunity to learn kicking, passing, and ball control skills from an instructor. Games will take place after instructional session
 Class Fee: \$5
 #32579 Apr 2-23 Sa 12:00-4:00pm
 #32580 Apr 16-May 7 Sa 12:00-4:00pm
 #32581 Apr 23-May 14 Sa 12:00-4:00pm
 #32582 Apr 30-May 21 Sa 12:00-4:00pm

Sports - Future Athletes Sports Intro

Location: Lake Lynn Community Center

Age: 9-12yrs. Introduction to basketball, soccer, floor hockey and volleyball. Come and enjoy this fun and relaxed class and show us your skills. Class Fee: \$30
 #31956 Feb 3-24 Th 5:00-6:00pm
 #31957 Mar 3-24 Th 5:00-6:00pm
 #31958 Apr 7-May 5 Th 5:00-6:00pm

Sports - Tot-Lot Sports

Location: Optimist Community Center

Age: 3-5yrs. A wonderful introductory sports class that focuses on fundamental skills of a different sport each week. Participants will be introduced to soccer, baseball, basketball, and football skills in a safe, non-competitive environment. Class Fee: \$28
 #31065 Jan 4-25 T 5:30-6:15pm
 #32473 Mar 4-Apr 1 F 11:15am-12:00pm

Sporty Sprouts

Location: Tarboro Road Community Center

Age: 4-6yrs. Learn the basic skills of basketball (shooting, dribbling, and passing). This is a class that builds sportsmanship and

leadership at a early age. Class Fee: \$15

#33277 Jan 5-26 W 6:00-7:00pm
 #33278 Feb 2-23 W 6:00-7:00pm
 #33279 Mar 2-30 W 6:00-7:00pm
 #33280 Apr 6-27 W 6:00-7:00pm

Storybook Yoga

Location: Laurel Hills Community Center

Age: 5-8yrs. Learn simple yoga moves while improving flexibility and balance. Have fun acting out animals and fairy tales. Use your imagination while gaining confidence. Personal interaction with new friends in a fun noncompetitive atmosphere. Class Fee: \$32
 #32860 Jan 10-Feb 7 M 4:00-4:45pm
 #32872 Feb 21-Mar 14 M 4:00-4:45pm
 #32873 Apr 4-25 M 4:00-4:45pm

Tae Kwon Do - Advanced

Location: Laurel Hills Community Center

Age: 7-17yrs. Open to yellow belts and above with prior instructor approval. These students will continue to refine their skills and learn more advanced techniques. Students will further develop their physical fitness, confidence, integrity, self respect and respect for others. In addition, they will learn self control, perseverance, and develop an indomitable spirit! They will do all this while continuing to build their body, mind and spirit in a physically active, positive and fun environment. Class Fee: \$32
 #32839 Jan 6-27 Th 7:30-8:30pm
 #32840 Feb 3-24 Th 7:30-8:30pm
 #32841 Mar 3-31 Th 7:30-8:30pm
 #32842 Apr 7-28 Th 7:30-8:30pm

Tae Kwon Do - Beginning

Location: Laurel Hills Community Center

Age: 5-17yrs. Open to students with little to no experience. These students will develop their physical fitness, confidence, integrity, self respect and respect for others. Students will learn basic blocks, punches, and kicks. They will build their body, mind, and spirit in a physically active, positive, and fun environment. When students advance to high yellow they may move to the advanced class with the instructor's approval. Class Fee: \$32
 #32835 Jan 6-27 Th 6:30-7:15pm
 #32836 Feb 3-24 Th 6:30-7:15pm
 #32837 Mar 3-31 Th 6:30-7:15pm
 #32838 Apr 7-28 Th 6:30-7:15pm

Tae Kwon Do - Martial Art

Location: Lions Park Community Center

Age: 7-50yrs. Martial arts class for youth and adults develops discipline in youth, fitness in adults while developing fine martial art skills. Class Fee: \$25
 #30803 Jan 4-27 T,Th 6:30-8:00pm
 #30804 Feb 3-Mar 1 T,Th 6:30-8:00pm
 #30805 Mar 3-29 T,Th 6:30-8:00pm
 #30806 Apr 5-28 T,Th 6:30-8:00pm

Teen

Dance Movement

Location: Lake Lynn Community Center

Age: 11-13yrs. Using a combination of easy dance steps, light weights and stretch-

ing, class will emphasize a new way to look at your ever changing body. Wear comfortable clothing and bring a blanket or mat. Class Fee:

#31960 Jan 3-Feb 28 M,W 4:30-5:30pm
#31961 Mar 2-Apr 25 M,W 4:30-5:30pm

Step Team at Carolina Pines

Location: Carolina Pines Community Center
Age: 12-17yrs. Calling all boys and girls to come join Carolina Pines dance and step team. You will learn awesome dance and step routines to be able to perform in shows and special events throughout the year. No class on March 25th. Class Fee: \$0
#32915 Jan 14-Apr 29 F 6:30-8:30pm

Step Team at Ralph Campbell Center

Location: Ralph Campbell Community Center
Age: 12-16yrs. Stepping, Dancing, and other basic skills are needed to be on the step team. Step it out! A step Team designed to put teens in motion. The Step team competes with other teams in the area. They also appear in programs and perform in parades. The step team is very energetic and fun. Class Fee: \$0
#32412 Jan 5-Jun 6 M,W 6:00-8:00pm

Step Team at Tarboro Road

Location: Tarboro Road Community Center
Age: 14-18yrs. Come and join the Tarboro Rd. Steppers. You will learn dance routines and compete in dance competitions. Class Fee: \$0
#33285 Jan 7-28 F 7:30-9:30pm
#33286 Feb 4-25 F 7:30-9:30pm
#33287 Mar 4-25 F 7:30-9:30pm
#33288 Apr 1-29 F 7:30-9:30pm

Adult

Aerobics - S.H.A.P.E.

Location: Green Road Community Center
Age: 18yrs and up. Are you looking for a truly fun exercise class? Then join us for S.H.A.P.E. (simple, healthy, aerobic, positive, exercise). We 'dance', we tone, we relax to a variety of music. The class is a low to medium impact aerobics class that also includes toning with light weights and stretching for relaxation. No prior experience necessary. SHAPE is an ongoing class. A 12 class card will be issued that can be used at anytime within the year. Come try us, your first class is FREE! There will be no class on January 17, March 28 & 30, April 4 & 6. Class Fee: \$39
#31472 Jan 10-Apr 27 M,W 7:00-8:00pm

Aerobics For Life

Location: Roberts Park Community Center
Age: 18yrs and up. An exercise program designed to improve and maintain physical condition. It's time to take health seriously. Get in shape, improve cardiovascular system, feel better and look better. Class Fee: \$18
#32417 Mar 3-28 M,Th 6:30-7:30pm
#32418 Apr 4-28 M,Th 6:30-7:30pm

Aikido

Location: Green Road Community Center
Age: 14yrs and up. The Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape. Class Fee: \$35
#31400 Jan 4-27 T,Th 7:15-8:45pm
#31401 Feb 1-24 T,Th 7:15-8:45pm
#31402 Mar 1-31 T,Th 7:15-8:45pm
#31403 Apr 5-28 T,Th 7:15-8:45pm

Awesome Arms

Location: Method Road Community Center
Age: 18yrs and up. Fitness class targeting muscles of the arms including biceps, triceps, wrists and shoulders. Anyone registering for this class can become a member of the Weight Room for \$5 the first month. (a \$7 savings off regular monthly membership price) Class Fee: \$10
#33152 Mar 8-Apr 26 T 6:30-7:30am

Badminton & Table Tennis Open Play

Location: Optimist Community Center
Age: 18yrs and up. If you are interested in brushing up on your table tennis or badminton skills then come on over to Optimist Center. We will have an open gym time for you and your friends to do just that. Equipment provided. Class Fee: \$0
#31000 Jan 13-May 5 Th 11:00am-12:30pm

Ballroom Dance - Carousel Club Beginner

Location: Pullen Community Center
Age: 18yrs and up. Learn how to waltz, chacha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues. Class Fee: \$0
#30497 Jan 8-Apr 30 Sa 12:30-2:30pm

Ballroom Dance - Carousel Club Intermediate

Location: Pullen Community Center
Age: 18yrs and up. Advance your ballroom dance skills in the waltz, chacha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Club Dues. Class Fee: \$0
#30496 Jan 3-Apr 25 M 7:30-9:15pm

Ballroom Dance - Friday

Location: Pullen Community Center
Age: 18yrs and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.
#30502 Jan 7-Apr 29 F 7:30-10:00pm

Basketball - Adult Open-Play

Location: Halifax Community Center
Age: 16yrs and up. This is a day set aside

for adult basketball players to come out and participate in a few friendly pick-up games of basketball. Class Fee: \$0
#32068 Jan 9-May 1 Su 1:00-4:00pm

Belly Dance for Beginners

Location: Lake Lynn Community Center
Age: 16yrs and up. The class will consist of gentle exercises and dance steps of the Middle Eastern folk dance tradition. The class will give students an opportunity to stretch muscles, burn calories and learn dance steps while having fun. Class Fee: \$80
#31784 Jan 3-Feb 28 M 7:00-8:30pm
#31785 Mar 7-Apr 25 M 7:00-8:30pm

Cardio Combo

Location: Lions Park Community Center
Age: 17-60yrs. An adult group exercise class to improve aerobic fitness, tone and shape. Strengthen your heart, increase your metabolism, and help tone muscles. Join us for this fun, low impact, high intensity workout. Class Fee: \$15
#31840 Jan 5-31 M 6:15-7:15pm
#31844 Feb 7-Mar 2 M 6:15-7:15pm
#31846 Mar 2-28 M 6:15-7:15pm
#31847 Apr 6-May 2 M 6:15-7:15pm

Clogging - Hemlock Bluff Cloggers

Location: Jaycee Community Center
Age: All Ages. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events. Contact Bryan for more information. Class Fee: \$0
#33113 Jan 11-Mar 1 T 9:00-10:00pm
#33120 Mar 15-May 3 T 9:00-10:00pm

Clogging-Beginner

Location: Jaycee Community Center
Age: 12yrs and up. Come on and give Clogging a try. Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$32
#32857 Jan 13-Mar 3 Th 7:00-8:00pm
#32858 Mar 17-May 5 Th 7:00-8:00pm

Clogging - Intermediate

Location: Jaycee Community Center
Age: 12yrs and up. You asked for it! Give our intermediate class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. This is a continuation of our beginning class for those who are ready for more! Class Fee: \$32
#32882 Jan 13-Mar 3 Th 8:00-9:00pm
#32883 Mar 17-May 5 Th 8:00-9:00pm

Clogging - Advanced

Location: Jaycee Community Center
Age: 12yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this

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Clogging Advanced continued —

class. Line dances as well as traditional figures and steps are taught. Class Fee: \$32

#32874	Jan 13-Mar 3	Th	9:00-10:00pm
#32875	Mar 17-May 5	Th	9:00-10:00pm

Dance - Ladies Movement

Location: Lake Lynn Community Center
Age: 16yrs and up. A combination of music styles and easy dance steps to exercise heart and lungs and tone the rest of the body. Dances build up in pace and difficulty throughout the sessions. 12 sessions Class Fee: \$40

#31866	Jan 3-Feb 28	M,W	5:45-7:00pm
#31867	Jan 4-Feb 24	T,Th	7:15-8:30pm

Exercise - Kripalu Yoga for Beginners

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle Yoga that encourages the student to discover their own degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket. 8-week series. Susan Kilmon instructs. Class Fee: \$52

#31033	Jan 10-Mar 7	M	7:30-8:45pm
#31034	Jan 11-Mar 1	T	12:00-1:15pm
#31872	Apr 4-May 23	M	7:30-8:45pm
#31873	Apr 5-May 24	T	12:00-1:15pm

Exercise - Kripalu Yoga Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breath for relaxation, and meditation for the mind. Kripalu Yoga is a gentle Yoga that encourages the student to discover their own degree of flexibility rather than push past their limits. Please wear comfortable clothing and bring a large towel or blanket. Prerequisite: Kripalu Yoga for Beginners. 8-week series. Susan Kilmon instructs. Class Fee: \$52

#31874	Jan 12-Mar 2	W	7:30-8:45pm
#31880	Apr 6-May 25	W	7:30-8:45pm
#31875	Jan 13-Mar 3	Th	12:00-1:15pm
#31881	Apr 7-May 26	Th	12:00-1:15pm

Exercise - Kripalu Yoga for Partners

Age: 16yrs and up. Give a gift of Yoga to your partner, spouse, friend, or significant other in the spirit of Valentine's Day. Enjoy shared yoga and its connection to happiness. No previous Yoga experience is necessary. Wear comfortable clothing and bring a blanket or mat. 1 session. Susan Kilmon instructs. Class Fee: \$20 per person

#33532	Feb 12	Sa	11:00am-1:00pm
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Exercise - Meditation

Location: Sertoma Arts Center
Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure each moment brings. Bring a firm pillow and mat or blanket to each class. 4-week series. Susan Kilmon instructs. Class Fee: \$33

#31884	Jan 8-29	Sa	11:00am-12:00pm
#31885	Apr 9-30	Sa	11:00am-12:00pm

Exercise - Pilates Essentials I

Location: Sertoma Arts Center
Age: 16yrs and up. This class is designed for anyone new to pilates. Students will be introduced to the basic principles and concepts, including a series of fundamentals to reinforce concepts and ensure correct form. Pilates promotes increased body awareness, overall strength and flexibility, as well as improved breathing, circulation, balance, coordination, and posture. Wear comfortable clothing and bring a thick towel, mat or blanket to the first class. (a thick mat, small ball and flex band are available for purchase from the instructor.) Deanna Figgins instructs. Choose 10-week series (#32574) or 8-week series (#32587). Class Fee: \$69

#32574	Jan 11-Mar 15	T	4:30-5:30pm
#32587	Apr 5-May 24	T	4:30-5:30pm

Exercise - Pilates Essentials II

Location: Sertoma Arts Center
Age: 16yrs and up. This class builds on the basic concepts and fundamental moves introduced in Pilates Essentials I. You will continue to increase body awareness and integrate the concepts and principles into newly-introduced exercises. The concentration that initially went into learning the principles and fundamentals crucial to Pilates movements shifts to a mindful awareness of how every movement affects your body. By practicing Pilates consistently, you will continue to increase your overall strength and flexibility, as well as improve breathing, circulation, balance, coordination, and posture. (a thick mat, small ball and flex band are available for purchase from the instructor.) Choose 10-week series or 8-week series! Deanna Figgins instructs. Class Fee: \$69

#33096	Jan 10-Mar 21	M	12:00-1:00pm
#33101	Jan 11-Mar 1	T	5:45-6:45pm
#33363	Apr 4-May 23	M	12:00-1:00pm
#33364	Apr 5-May 24	T	5:45-6:45pm

Exercise - Qi-Gong

Location: Sertoma Arts Center
Age: 16yrs and up. Active exercises to strengthen your physical energy; to help you open all energy channels in the body; to help you bring your Yin and Yang energy back into balance; to help you get rid of energy blockages; to help you develop your spiritual energy so that you heal yourself physically, mentally and spiritually at the same time. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$35

#33117	Jan 13-Feb 3	Th	6:00-7:00pm
#33118	Feb 17-Mar 10	Th	6:00-7:00pm
#33119	Apr 7-28	Th	6:00-7:00pm

Exercise - Tai Chi Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. Tai Chi has existed since ancient times as a health exercise. It is a series of quiet, supple movements-the quiet to cultivate the spirit; the supple to cultivate the body. A gentle exercise performed in a calm and peaceful manner, it is suitable for young and old alike. This course will intro-

duce students to the various styles of Tai Chi, including Tai Chi Sword and Martial Arts application. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$35

#33109	Jan 13-Feb 3	Th	7:15-8:15pm
#33111	Feb 10-Mar 3	Th	7:15-8:15pm
#33112	Apr 7-28	Th	7:15-8:15pm

Exercise - Tai Chi Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. An extension of beginning Tai Chi which involves more refinement of styles, form, movement, sword and Martial Arts application. Dr. Xiaoqin Wu Turner instructs. Class Fee: \$35

#33114	Jan 13-Feb 3	Th	8:30-9:30pm
#33115	Feb 17-Mar 10	Th	8:30-9:30pm
#33116	Apr 7-28	Th	8:30-9:30pm

Exercise - Try-It Yoga

Location: Sertoma Arts Center
Age: 16yrs and up. This class is an introduction to Kripalu (Kri-Pah-Loo) Yoga. Translated from Sanskrit, Kripalu means compassion or grace. Performed with breath, relaxation, and awareness, yoga postures release chronic tension from the body and bring calmness to the mind. Please wear comfortable clothing and bring a large towel or blanket. Register Early! 1 session. Susan Kilmon instructs. Class Fee: \$10

#31898	Apr 2	Sa	9:30-11:00am
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Exercise - Tai Chi for Seniors Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. A continuing level course for those who have completed beginning Tai Chi. 8-week series. Roger Steward instructs. Class Fee: \$36

#32465	Jan 19-Mar 9	W	3:30-4:30pm
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Exercise-Weight Training

Location: Biltmore Hills Community Center
Age: 18yrs and up. Introduction to weight training and conditioning. Class Fee: \$10

#32532	Jan 3-31	M-F	7:00-8:00pm
#32534	Feb 1-28	M-F	7:00-8:00pm
#32536	Mar 1-31	M-F	7:00-8:00pm
#32545	Apr 1-29	M-F	7:00-8:00pm

Fabulous Abs

Location: Method Road Community Center
Age: 18yrs and up. Having trouble losing inches in the midsection? Try this fitness class that targets the total midsection and lower back. A strong back equals strong abs. Anyone registering for this class can become a member of the Weight Room for \$5 the first month. (A \$7 savings of the regular monthly price) Class Fee: \$10

#33151	Feb 8-Mar 31	T,Th	11:00am-12:00pm
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Feet Meet Sneaks

Location: Roberts Park Community Center
Age: 40yrs and up. A walking program. An inexpensive exercise program that provides therapeutic benefits. One foot in front of the other and you are on your way to improve your health. Class Fee: \$0

#32430	Apr 5-May 24	T	10:30-11:30am
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Fitness Center at Chavis

Location: Chavis Community Center
Age: 18yrs and up. The Fitness Center offers a badger magnum multi-station machine, two electronic treadmills, techtrix climb max stepper, techtrix stationary bicycle, crunch station, dip/chin-up station, and dumbbells. Participants may use the facility during normal operation hours. Class Fee: \$15/1 month or \$20/2 months

#32537	Jan 1-Feb 3	Daily	9:00am-3:00pm
#32538	Feb 1-Mar 6	Daily	10:00am-10:00pm
#32539	Mar 1-Apr 4	Daily	10:00am-10:00pm
#32540	Apr 1-May 5	Daily	10:00am-10:00pm
#32541	Jan 1-Mar 4	Daily	9:00am-3:00pm
#32542	Feb 1-Apr 4	Daily	10:00am-10:00pm
#32543	Mar 1-May 2	Daily	10:00am-10:00pm
#32544	Apr 1-Jun 2	Daily	10:00am-10:00pm

Fitness Center at Laurel Hills

Location: Laurel Hills Community Center
Age: 18yrs and up. The Fitness Center offers a stack weight system, electronic stepper, recumbent bike, two electronic treadmills and an elliptical trainer. Participants may use the facility during normal operating hours every day. Class Fee: \$15

January			
#31367	Jan 4-31	Daily	9:00am-10:00pm
February			
#31368	Feb 1-28	Daily	9:00am-10:00pm
March			
#31369	Mar 1-28	Daily	9:00am-10:00pm

April

#31370	Apr 1-28	Daily	9:00am-10:00pm
Six Month Membership Special			
#31371	Jan 4-Jun 6	Daily	9:00am-10:00pm

Gospelcise

Location: Worthdale Community Center
Age: 18yrs and up. Get fit and treat your mind as you exercise to inspirational and moving music. Families and friends are welcome. Class Fee: \$20
#32924 Jan 11 T 6:30-7:30pm

ISO-CISE

Location: Method Road Community Center
Age: 18yrs and up. This isometrical fitness class will help participants learn proper breathing, flexibility using the mind and working muscle against muscle to develop strength while losing inches. Class Fee: \$0
#33145 Jan 11-Apr 28 T,Th 6:30-8:30pm

Ladies Workout

Location: Lake Lynn Community Center
Age: 18yrs and up. Ladies, time to tone and strengthen your body. Let Edward show you the way. Fee includes use of fitness room!!
Class Fee: \$50
#31868 Jan 3-28 M,F 1:00-2:00pm
#31869 Feb 4-28 M,F 1:00-2:00pm
#31870 Mar 4-28 M,F 1:00-2:00pm
#31871 Apr 1-25 M,F 1:00-2:00pm

Martial Arts

Location: Millbrook Exchange Community Ctr.
Age: 16yrs and up. Come and learn the different forms of Martial Arts. Aikido, Karate, Jujutsu and more. Class Fee: \$30
#30622 Jan 3-31 M,F 7:00-9:00pm
#30623 Feb 4-28 M,F 7:00-9:00pm
#30624 Mar 4-28 M,F 7:00-9:00pm
#30625 Apr 1-29 M,F 7:00-9:00pm

Meditation Introduction

Location: Lake Johnson
Age: 16yrs and up. This course introduces students to the basic practices of sitting meditation and mindfulness activities during the day. The course is designed for beginners with little to no experience with meditation. All meditation practices are taught from a secular perspective. Bud Reiter-Lavery has been meditating for over 20 years and leading meditation groups for 10 years. Class Fee: \$25
#32210 Feb 28 M 7:00-9:00pm

N.C. Roadrunners Club

Location: Glen Eden Park
Age: All Ages. North Carolina Roadrunners Club is dedicated to the promotion and encouragement of running and walking. The club participates in many activities throughout the year including races, social runs, literary pursuits and more! The club is open to individuals and families and meets the 4th Thursday of each month. Membership dues are 75¢/person/meeting. No registration required.
#33097 Jan 27 Th 7:00-9:00pm
#33098 Feb 24 Th 7:00-9:00pm
#33099 Mar 24 Th 7:00-9:00pm
#33100 Apr 28 Th 7:00-9:00pm

Neuromuscular Integrative Action

Location: Lake Johnson
Age: 18yrs and up. NIA (Neuromuscular Integrative Action) is a fitness program based on three arts: Martial Arts (Tai Chi, Aikido), Contemporary Dance (Jazz, Modern) and Healing Arts (Yoga, Meditation). It combines unique movement forms that deliver a safe, low impact, effective cardiovascular workout with total body conditioning. Each class is set to eclectic music and includes warm-up, cool down and fun! Students may inquire about joining a class while a six week session is in progress. Class Fee: \$54
#32154 Jan 4-Feb 8 T 4:15-5:15pm
#32155 Feb 15-Mar 22 T 4:15-5:15pm
#32156 Mar 29-May 3 T 4:15-5:15pm

Nothing But Legs

Location: Method Road Community Center
Age: 18yrs and up. Fitness class targeting the legs including quadriceps, hamstrings, calves, and gluteus (buttocks). This is an excellent class for those with minor knee pain and injury. Anyone joining this class can become a member of the Weight Room Center for \$5 the first month. (A \$7 savings on regular monthly price) Class Fee: \$10
#33153 Mar 8-Apr 28 T,Th 7:30-8:30pm



Fitness continued next page —

Fitness continued —

Pilates - Basic

Location: Green Road Community Center
Age: 18yrs and up. Pilates focuses on improving flexibility, muscle control, concentration, coordination, and strength without putting stress on joints and muscles. There is a strong emphasis on breathing and strengthening the core muscle groups. This form of exercise is challenging yet safe for beginners as well as more advanced students. Class Fee: \$70
#31398 Jan 10-Feb 28 M 5:45-6:45pm
#31399 Mar 7-Apr 25 M 5:45-6:45pm

Pilates Beginner Mat Class

Location: Millbrook Exchange Community Ctr.
Age: 16yrs and up. Great class if you are new to pilates or have been doing it for a while. This class is designed to strengthen the core muscle group, increase flexibility, balance, concentration and coordination without putting stress on the joints. There's a strong emphasis on breathing. Wear loose clothing and socks or bare feet. There will be no class on March 23rd. Class Fee: \$45
#30686 Jan 5-26 W 6:30-7:30pm
#30687 Feb 2-23 W 6:30-7:30pm
#30688 Mar 2-30 W 6:30-7:30pm
#30689 Apr 6-27 W 6:30-7:30pm

Ready, Set, Walk Program

Location: Worthdale Community Center
Age: 18yrs and up. Worthdale Center and Project Direct are networking to promote a healthier lifestyle for the community with this walking program. Class Fee: \$0
#32573 Jan 13-May 12 Th 11:00am-1:00pm

Slides and Dance

Location: Worthdale Community Center
Age: 18yrs and up. Ages 18 and up. Learn the electric slides from the past and the present. Get fit and have fun through dance. Class Fee: \$20
#32923 Jan 12 W 6:30-7:30pm

Social Dance - Bronze I

Location: Pullen Community Center
Age: 18yrs and up. Now that you have completed our introductory course, you can expand and strengthen your skills. You will become more comfortable with your dance technique, posture and footwork. Class Fee: \$50
#30520 Mar 8-Apr 12 T 12:00-1:00pm

Social Dance - Introduction

Location: Pullen Community Center
Age: 18yrs and up. Have you always wanted to dance, but don't know how to? Boost your confidence through this exciting introductory class. You can learn the basic patterns to dances such as East Coast Swing, Foxtrot, Waltz and Rumba. Class Fee: \$50
#30521 Jan 18-Feb 22 T 12:00-1:00pm

Step Aerobics

Location: Lake Lynn Community Center
Age: 16yrs and up. Get your body in shape while moving to music. 30 minutes of aero-

bics and 45 minutes of free weights. It's total body workout. Fee includes use of fitness room. Class Fee: \$70
#32288 Jan 3-Feb 28 M,W,Th 9:15-10:00am
#32290 Mar 2-Apr 25 M,W,Th 9:15-10:00am

Strength and Tone

Location: Laurel Hills Community Center
Age: 18yrs and up. This class is designed to strengthen your muscles and tone your body. This class will use weights to build endurance and strength and all levels of fitness will enjoy the benefit of stronger muscles. Once the muscles are strengthened, they will then be toned up for a long lean look. This a great addition to your workout routine. Class Fee: \$40
#32494 Jan 8-Feb 12 Sa 9:00-10:00am
#32514 Feb 26-Apr 9 Sa 9:00-10:00am
#32526 Apr 23-May 28 Sa 9:00-10:00am

Tae Kwon Do

Location: Method Road Community Center
Age: 8yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$5
#33446 Jan 6-27 Th 6:30-8:00pm
#33447 Feb 3-24 Th 6:30-8:30pm
#33448 Mar 3-31 Th 6:30-8:00pm
#33449 Apr 7-28 Th 6:30-8:00pm

Tai Chi

Location: Lake Johnson
Age: All Ages. This Eastern art of exercise and meditation is designed to promote better health through improved balance, circulation and coordination. Tai Chi Chuan is a light form of physical exercise that works to gradually and subtly strengthen the entire body evenly, as opposed to focusing on specific parts of the body or muscle groups. It's a holistic approach that ensures steady progress, as one grows older. Class Fee: \$58
#32199 Jan 19-Mar 9 W 6:00-8:00pm
#32200 Mar 16-May 4 W 6:00-8:00pm

Tai Chi Exercise

Location: Laurel Hills Community Center
Age: 16yrs and up. Tai Chi is an ancient Chinese practice designed the exercise body, mind, and spirit. It is a form of energy cultivation and self-defense, but its movements are never aggressive. It focuses on breathing and flowing gestures and is often described as 'meditation in motion'. In practicing Tai Chi, you will relax your body and focus your mind on integrating the movements with your whole body. Class Fee: \$50
#31429 Jan 5-26 W 6:30-7:30pm
#31430 Feb 2-23 W 6:30-7:30pm
#31431 Mar 2-30 W 6:30-7:30pm
#31432 Apr 6-27 W 6:30-7:30pm

Walking Workouts

Location: Anderson Point
Age: 18yrs and up. Need some exercise? Need some company? Join us at Anderson Point for a 1 hour walk session through this beautiful outdoor environment. Class Fee: \$5
#31051 Mar 9-30 W 12:00-1:00pm
#31052 Apr 14-May 5 Th 4:30-5:30pm

Weight - Room Membership

Location: Carolina Pines Community Center
Age: 16yrs and up. Join the Carolina Pines weight room. The membership entitles you to the use of the 5 station weight machine, recumbent bike, stair master and treadmill. The weight room is open during regular facility hours of operation. Class Fee: \$15
#32395 Jan 5-26 W 10:00am-10:00pm
#32396 Feb 4-25 F 10:00am-10:00pm
#32397 Mar 7-28 M 10:00am-10:00pm
#32398 Apr 6-27 W 10:00am-10:00pm

Weight Room at Green Road

Location: Green Road Community Center
Age: 18yrs and up. Come get in shape or just stay in shape! Cardiovascular and weight equipment available during center operating hours. Class Fee: \$10
#31486 Jan 2-31 Daily 9:00am-10:00pm
#31487 Feb 1-28 Daily 9:00am-10:00pm
#31488 Mar 1-31 Daily 9:00am-10:00pm
#31489 Apr 1-May 5 Daily 9:00am-10:00pm

Weight Room at Jaycee

Location: Jaycee Community Center
Age: All Ages. Free-weights, aerobic, cardiovascular equipment and weight stack equipment ready for you and your body. Monthly fee — no long-term contracts. Closed during City Holidays. Participants must fill out a separate Weight Room registration form. Class Fee: \$13
#32919 Jan 2-31 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm
#32920 Feb 1-28 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm
#32921 Mar 1-31 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
#32922 Apr 1-30 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm

Weight Room at Millbrook

Location: Millbrook Exchange Community Ctr.
Age: 18yrs and up. Free-weights, aerobic, cardiovascular equipment and nautilus equipment ready for you and your body. Closed on Jan 1 & 17, and Mar 25. Participants must fill out a separate Weight Room registration on site. Class Fee: \$15
#30614 Jan 2-31 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm
#30615 Feb 1-28 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm
#30616 Mar 1-31 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm
#30617 Apr 1-30 M-F 9:00am-10:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm

Weight Room at Tarboro Rd.

Location: Tarboro Road Community Center
Age: 18yrs and up. Universal equipment, treadmill, stationary bike, and tummy buster. We are open on Sunday between the months of Nov-Feb only. Come and check us out.

The first wealth is health. Emerson

Class Fee: \$12

#33301	Jan 3-24	M	10:00am-10:00pm
#33302	Feb 7-28	M	10:00am-10:00pm
#33303	Mar 7-28	M	10:00am-10:00pm
#33304	Apr 4-25	M	10:00am-10:00pm

Weight Room Circuit Class

Location: Laurel Hills Community Center
Age: 18yrs and up. Never used the weight room? Here is your chance to learn how to use each piece of equipment. Just like it sounds, this is a circuit class that will use the machines in the weight room. You will spend a set amount of time on each piece moving from one machine to the next until you have done a complete body workout. This is a great class for beginners as well as seasoned pros in the weight room. Class Fee: \$40

#32614	Jan 8-Feb 12	Sa	10:15-11:15am
#32619	Feb 26-Apr 9	Sa	10:15-11:15am
#32621	Apr 23-May 28	Sa	10:15-11:15am

Weight Room Club

Location: Halifax Community Center
Age: 18yrs and up. This is time just for people who would like to tone their bodies by doing exercise and using weights. Class Fee: \$10

#32081	Jan 3-Mar 23	M,W	6:30-8:00pm
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Weight Training and Conditioning

Location: Roberts Park Community Center
Age: 16yrs and up. This program is designed to help you get into shape and tone those hidden muscles. Feel better, live longer and possibly look better. Join now! Class Fee: \$10

#32447	Jan 3-Feb 3	M-Sa	10:00am-9:30pm
#32448	Feb 1-28	M-Sa	10:00am-9:30pm
#32449	Mar 1-31	M-Sa	10:00am-9:30pm
#32450	Apr 1-30	M-Sa	10:00am-9:30pm

Weight Training at Ralph Campbell

Location: Ralph Campbell Community Center
Age: 16yrs and up. Lift weights on a universal machine. Build up your body and muscles. There is no bike or trend mill in this small weight room. Yoga mat and ball can be used. Class Fee: \$0

#32769	Jan 4-May 9	M-F	2:00-9:00pm
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Weight/Exercise Room Membership

Location: Lions Park Community Center
Age: 18yrs and up. Come out and get your work out on. Stay fit and healthy by using a treadmill, recumbent bike, stair master, weights and a universal weight machine. Class Fee: \$12

#30799	Jan 1-28	M-F	10:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#30800	Feb 1-28	M-F	10:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#30801	Mar 1-Apr 4	M-F	10:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm
#30802	Apr 1-28	M-F	10:00am-10:00pm
		Sa	9:00am-3:00pm
		Su	1:00-6:00pm

Workout Room

Location: Lake Lynn Community Center
Age: 18yrs and up. Be sure to join our ever popular fitness room at Lake Lynn. Enjoy the use of steppers, treadmills, universal unit, free weights and bicycle. You can register on a monthly basis. Must be 18 to join. Class Fee: \$18

#31876	Jan 2-23	Su	9:00am-10:00pm
#31877	Feb 1-22	T	9:00am-10:00pm
#31878	Mar 1-22	T	9:00am-10:00pm
#31879	Apr 1-22	F	9:00am-10:00pm

Yoga - Beginning

Location: Eastgate Park
Age: 18yrs and up. For new and repeating students. Improve your health and posture. Learn how to relax and calm your mind. Basic poses, breathing practice, relaxation, and beginning meditation have fun learning in a relaxed setting. Students are encouraged to be aware of their limitations; learn to stretch and strengthen the body, but not to strain or compete with other students. Wear socks and loose clothing; bring a blanket. Eat a light snack two hours before class. This class meets at Eastgate Center on Quail Hollow Drive. No class Jan 17, Mar 21, and, Mar 28. Class Fee: \$54

#30968	Jan 3-Feb 14	M	6:30-7:45pm
#30969	Feb 21-Apr 11	M	6:30-7:45pm
#30970	Apr 18-May 23	M	6:30-7:45pm

Yoga - Continuing

Location: Eastgate Park
Age: 18yrs and up. 'Gain a deeper connection to your inner power and ability to calm the body/mind.' For the student with some Yoga experience. This class offers further exploration of Yoga poses and Movements Flows, Breathing Practices, Relaxation, and Meditation. This class is open to experienced students and those who have taken at least 3 beginning sessions. Increase energy levels, flexibility, as well as mental and physical strength. Wear socks and loose clothing; bring a blanket. Eat a light snack two hours before class. This class will meet at Eastgate Center located on Quail Hollow Drive. There will be no Class Mar 23. Class Fee: \$63

#30971	Jan 5-Feb 16	W	6:30-7:45pm
#30972	Feb 23-Apr 13	W	6:30-7:45pm
#30973	Apr 20-May 25	W	6:30-7:45pm

Yoga - Ongoing

Location: Green Road Community Center
Age: 18yrs and up. The class offers further exploration of yoga poses and movement flows. Breathing practice, relaxation and meditation are covered. This class is open to experienced students and those who have taken at least 3 beginning sessions. Gain a deeper connection to your inner power and ability to calm the body/mind. Each student is encouraged to go at his/her own pace. Bring a yoga mat. Eat a light snack 2 hours prior to the class. No class will be held

March 23. Cost for the April/May session is \$54. Class Fee: \$63

#31413	Jan 5-Feb 16	W	8:15-9:30pm
#31415	Feb 23-Apr 13	W	8:15-9:30pm
#31417	Apr 20-May 25	W	8:15-9:15pm

Yoga Fitness

Location: Pullen Community Center
Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

#30524	Jan 12-Mar 16	W	5:15-6:15pm
#30525	Mar 30-Jun 1	W	5:15-6:15pm

Yoga Weight

Location: Laurel Hills Community Center
Age: 18yrs and up. Newest trend! Yoga with strength training. All fitness levels are welcome but this class is especially for those new to yoga. Experience the mind/body connection through popular yoga moves, and increase your flexibility and balance in a soothing relaxed atmosphere. This is a beginner level class. Class Fee: \$40

#32844	Jan 10-Feb 7	M	6:00-7:00pm
#32845	Feb 21-Mar 14	M	6:00-7:00pm
#32846	Apr 4-25	M	6:00-7:00pm

Yoga with Judy - Beginning

Location: Glen Eden Park
Age: 18yrs and up. Basic Poses, Breathing Practice, Relaxation, and Beginning Meditation. Enjoy learning in a relaxed class setting. Students are encouraged to be aware of their limitations; learn to stretch and strengthen the body, but not to strain or compete with other students. 'GENTLENESS and REGULARITY in PRACTICE leads to PEACE OF BODY, MIND, and SPIRIT' for new and repeating students. Class Fee: \$63

#31053	Jan 4-Feb 15	T	6:30-7:45pm
#31054	Feb 22-Apr 12	T	6:30-7:45pm
#31055	Apr 19-May 24	T	6:30-7:45pm

Yoga with Judy - Ongoing

Location: Glen Eden Park
Age: 18yrs and up. Further exploration of Yoga Poses and Movement Flows; Breathing Practice, Relaxation, and Meditation. The class is open to experienced students and those who have taken at least 3 beginning sessions. 'Gain a deeper connection to your INNER POWER and ability to calm the body/mind.' Class Fee: \$63

#31042	Jan 4-Feb 15	T	8:00-9:15pm
#31043	Feb 22-Apr 5	T	8:00-9:15pm
#31044	Apr 19-May 24	T	8:00-9:15pm

Yoga with Tammy Finch

Location: Lake Johnson
Age: All Ages. Tammy's yoga teaching style is slow and meditative, with an emphasis on connecting with one's body and breath, in an atmosphere of self-awareness and acceptance. Each class has an initial relaxation

Yoga with Tammy Finch continued next page —

Yoga with Tammy Finch continued —

and full-body warm-up, followed by a series of yoga poses and ending with a deep relaxation. Classes are appropriate for bodies of all shapes, sizes and fitness levels. Tammy is a member of the International Association of Yoga Therapists and has practiced yoga for over six years. She is a long-term student of Esther Myers, author of *Yoga and You*, and Julie Rosier. Class Fee: \$100

#32201	Jan 4-Mar 8	T	9:30-11:00am
#32307	Mar 15-May 17	T	9:30-11:00am
#32202	Jan 4-Mar 8	T	6:00-7:30pm
#32308	Mar 15-May 17	T	6:00-7:30pm
#32203	Jan 6-Mar 10	Th	9:30-11:00am
#32309	Mar 17-May 19	Th	9:30-11:00am

Yoga - Beginning

Location: Green Road Community Center
Age: 18yrs and up. A class for new and continuing students. This class teaches basic poses, breathing practice, relaxation and beginning meditation. Students are encouraged to work at their own pace; to strengthen and stretch the body but not to strain or compete with other students. Gentleness and regularity in practice leads to peace of body, mind & spirit. Wear socks and loose clothing; bring a yoga mat. No class will be held January 17, March 21, March 28 or May 23. Class Fee: \$45

#31404	Jan 10-Feb 14	M	8:15-9:30pm
#31405	Feb 21-Apr 11	M	8:15-9:30pm
#31406	Apr 18-May 23	M	8:15-9:30pm

Senior

Exercise - Carriage House

Age: 55yrs and up. This program is offered at the Carriage House which is located at 116 St. Mary's Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee:

#32168	Jan 3-Apr 29	M,W,F	10:00-11:00am
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Exercise - Kripalu Yoga for Seniors

Location: Sertoma Arts Center
Age: 55yrs and up. This yoga class is designed for seniors and others with varying degrees of mobility. Enjoy gentle stretching with breathing techniques which help to relax tense muscles, loosen stiffness in joints, strengthen weak muscles, improve digestion, stimulate circulation, reduce high blood pressure and anxiety. Learn to maintain balance and improve memory. Wear comfortable clothing and bring a blanket or mat to each class. 8-week series. Susan Kilmon instructs. Class Fee: \$42

#31882	Jan 11-Mar 1	T	2:00-3:00pm
#31883	Apr 5-May 24	T	2:00-3:00pm

Exercise - Parkview Manor

Age: 55yrs and up. This program is offered at Parkview Manor Apt., which is located at 911 North Blount Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier

lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0

#32126	Jan 3-Apr 28	M,Th	11:15am-12:15pm
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Exercise - Senior Workout

Location: Lake Lynn Community Center
Age: 55yrs and up. Low impact stretching and flexibility exercises. Class Fee: \$10

#32159	Jan 4-Apr 28	T,Th	1:00-2:30pm
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Exercise - Tai Chi for Seniors Beginning

Location: Sertoma Arts Center
Age: 55yrs and up. An ancient Chinese health and martial art method. The focus of the class will be on relaxation, body alignment, body movement and chi (life energy) development, designed especially for seniors. 8-week series. Roger Steward instructs. Class Fee: \$36

#32462	Jan 19-Mar 9	W	2:15-3:15pm
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Feeling Fit

Location: John P Top Greene Center
Age: 55yrs and up. Low impact exercises for seniors. Let us help you strengthen your muscles, tone your body, and improve your movement for a healthier you. Class fee includes monthly membership to Fitness Room at Chavis Community Center. Class Fee: \$10

#32599	Jan 4-27	T,Th	10:30-11:15am
#32600	Feb 1-24	T,Th	10:30-11:15am
#32601	Mar 1-29	T,Th	10:30-11:15am
#32602	Apr 5-21	T,Th	10:30-11:15am

Fitness for Seniors

Location: Roberts Park Community Center
Age: 50yrs and up. An exercise program designed to help seniors improve and maintain physical condition. An excellent way to lower blood pressure, control glucose levels, improve cardiovascular system, have more energy and feel better. Class Fee: \$5

#32712	Mar 3-24	Th	10:30-11:15am
#32713	Apr 14-May 5	Th	10:30-11:15am

Seniorcise

Location: Millbrook Exchange Community Ctr.
Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class Fee: \$5

#30618	Jan 4-27	T,Th	9:45-10:30am
#30619	Feb 1-24	T,Th	9:45-10:30am
#30620	Mar 3-31	T,Th	9:45-10:30am
#30621	Apr 5-28	T,Th	9:45-10:30am

Seniorcize

Location: Pullen Community Center
Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class Fee: \$10

#30516	Jan 4-27	T,Th	2:00-2:45pm
#30517	Feb 1-24	T,Th	2:00-2:45pm
#30518	Mar 1-31	T,Th	2:00-2:45pm
#30519	Apr 5-28	T,Th	2:00-2:45pm

Seniors In Motion

Location: Laurel Hills Community Center
Age: 55yrs and up. A well rounded fitness program designed to complement the physi-

cal needs of our senior community. Classes consist of warm-ups, low impact cardio, strength training, toning, and stretching. Class Fee: \$42

#31372	Jan 5-31	M,W,F	10:00-11:00am
#31373	Feb 2-28	M,W,F	10:00-11:00am
#31374	Mar 2-30	M,W,F	10:00-11:00am
#31375	Apr 1-29	M,W,F	10:00-11:00am

TableTennis for Seniors

Location: Lions Park Community Center
Age: 55yrs and up. Enhance your table tennis skills in an enjoyable relaxed atmosphere. Bring your 'A' game and attitudes. Class Fee: \$0

#32334	Jan 3-24	M	11:00am-1:00pm
#32476	Feb 7-28	M	11:00am-1:00pm
#32477	Mar 7-28	M	11:00am-1:00pm
#32478	Apr 4-25	M	11:00am-1:00pm

Weekly Walkers

Age: 55yrs and up. Walks are at various greenways and trails throughout the Raleigh area. Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call Dorothy Stowe at 847-5189 or Gerry Vassilos at 845-1792 for schedules and more information. Class Fee: \$0

#32124	Jan 5-Apr 27	W	9:00-11:00am
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Family

Exercise-Walking

Location: Sanderford Road Park
Age: 12yrs and up. Walking group for youth and adults. Come out with family and friends to enjoy a peaceful walk in the morning or evening at Sanderford Road Park. Class Fee: \$0

#32510	Jan 3-28	M-F	8:00am-9:00pm
#32511	Feb 1-28	M-F	8:00am-9:00pm
#32512	Mar 1-Apr 4	M-F	8:00am-9:00pm
#32513	Apr 1-28	M-F	8:00am-9:00pm

Fitness Room

Location: Pullen Community Center
Age: 16yrs and up. Get into shape in our fitness center. Equipment available includes Paramount machine, treadmills, bikes, and stair climbers. Fitness room is open during normal operating hours. Ages 16-17 must be accompanied by an adult fitness room member. Class Fee: \$10

#30498	Jan 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#30499	Feb 1-28	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#30500	Mar 1-31	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm
#30501	Apr 1-30	M-F	7:30am-9:30pm
		Sa	9:00am-3:00pm

Karate

Location: Pullen Community Center
Age: 5yrs and up. Okinawan Shorin-Ryu Karate is a great way to learn self defense, discipline, and respect as well as gain confidence and stay fit. Class Fee: \$42

#30505	Jan 4-27	T,Th	6:00-7:30pm
#30506	Feb 1-24	T,Th	6:00-7:30pm
#30507	Mar 1-31	T,Th	6:00-7:30pm
#30508	Apr 5-28	T,Th	6:00-7:30pm

Square Dance - Raleighwood Squares

Location: Pullen Community Center

Age: 13yrs and up. Looking for a fun yet challenging physical activity? Try square dancing. It isn't just for folk music fans! The Raleighwood Squares does high-energy, all-position dancing in a relaxed environment. No partner required; singles and couples are welcome. No experience necessary. Club dues. #30515 Jan 4-Apr 26 T 7:30-9:30 PM

Tae Kwon Do - Beginners

Location: Biltmore Hills Community Center

Age: 5yrs and up. Martial arts course where the art of self defense is taught through practice drills, class room instruction and tournaments. Class Fee: \$32
#32458 Jan 3-31 M,W 6:00-7:30pm
#32470 Feb 2-28 M,W 6:00-7:30pm
#32472 Mar 2-30 M,W 6:00-7:30pm
#32474 Apr 4-May 4 M,W 6:00-7:30pm

Tae Kwon Do at Worthdale

Location: Worthdale Community Center

Age: 5yrs and up. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25
#32520 Jan 11-May 12 T,Th 6:30-9:30pm
#32521 Feb 1-Jun 2 T,Th 6:30-9:30pm
#32522 Mar 1-Jun 30 T,Th 6:30-9:30pm
#32523 Apr 5-Aug 4 T,Th 6:30-9:30pm

Tae-Kwon-Do

Location: Fletcher Park

Age: 5yrs and up. Korean martial art class taught in traditional style. Students learn self-defense, while building confidence, concentration and muscular strength and endurance. Students will be taught the ideals on which Tae Kwon Do was founded; Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Classes are open to youth and adults. CLASSES ARE HELD IN THE GARRIS BUILDING AT FLETCHER PARK on Tuesday/Thursday nights and Saturday mornings. Class Fee: \$35
#31624 Jan 4-29 T,Th 6:30-8:00pm
Sa 10:30am-12:00pm
#31625 Feb 1-26 T,Th 6:30-8:00pm
Sa 10:30am-12:00pm
#31626 Mar 1-31 T,Th 6:30-8:00pm
Sa 10:30am-12:00pm
#31627 Apr 5-May 7 T,Th 6:30-8:00pm
Sa 10:30am-12:00pm

Nature

Preschool

Butterflies and Ladybugs

Location: Green Road Community Center

Age: 3-5yrs. Butterflies and ladybugs are just two of the neat insects that we will learn about in this class! We will discover how our insect friends can not only be cute, but are good for the environment. Class Fee: \$3
#32759 Apr 7-28 Th 9:15-10:15am

Discover Deer

Location: Durant Nature Park

Age: 3-5yrs. Where do deer sleep? What do they eat? Join a nature instructor as we explore the lives of deer and go on a hike to find them. Children should be accompanied by an adult. Class Fee: \$3/child
#32464 Feb 26 Sa 2:00-3:00pm

Frogs and Friends

Location: Green Road Community Center

Age: 3-5yrs. Join us to explore the world of frogs, turtles and more. We will learn all about our amphibian friends, such as 'What is a tadpole?' and 'Do frogs really give you warts?' No class March 24th. Class Fee: \$28
#32244 Mar 3-31 Th 9:15-10:15am

Little Nature Explorers

Location: Powell Drive Park

Age: 3-5yrs. Explore the nature and wildlife of Powell Drive Park. Learn about local wildlife and natural beauty with hands on experiences and studying small critters, why leaves change colors, different trees, and the large pond. Let our experienced naturalist take you on a journey through one of the most fascinating parks in Raleigh. Class Fee: \$2
#33308 Mar 31 Th 10:30am-12:00pm

Living Log

Location: Brentwood Park

Age: 3-5yrs. Did you know that many critters call an old log home? From insects to worms, we will discover all of these neighbors of the living log. Children should be accompanied by an adult, fee applies per child. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/child
#32452 Mar 16 W 1:30-2:30pm

Mammal Mania

Location: Durant Nature Park

Age: 3-5yrs. Come explore the world of mammals! We will talk about the different mammals that live in the park and go on a hike in search of them! Children should be accompanied by an adult. Class Fee: \$3/child
#32529 Apr 16 Sa 2:00-3:00pm

Mini Creature Feature

Location: Powell Drive Park

Age: 3-5yrs. Show and tell of different animals. This is the perfect opportunity for little ones to learn about other animals and their natural habitat. Class Fee: \$2
#33310 Apr 27 W 10:30-11:30am

Nature for Little Hands

Age: 4-5yrs. Children will explore the outdoors and search for nature's fascinating creatures. Through forest walks, nature talks, stories, and art, youngsters develop a better understanding of the natural world. For more information, contact Nature programs at 919-831-6856. Class Fee: \$36

Laurel Hills

Itty-Bitty Insects
#31793 Jan 4-25 T 10:00-10:45am
Reptiles Revealed
#31794 Feb 1-22 T 10:00-10:45am

Optimist

Itty-Bitty Insects

#31795 Jan 5-26 W 10:00-10:45am
Reptiles Revealed
#31796 Feb 2-23 W 10:00-10:45am

Sensing the Season

Location: Durant Nature Park

Age: 3-5yrs. Join us as we use our senses to explore the wintry world of the park. We will also go on a hike to find animals and the clues that they leave behind. Children should be accompanied by an adult. Class Fee: \$3/child
#32460 Jan 29 Sa 2:00-3:00pm

Spiders - Eight-legged Extraordinaires

Location: Millbrook Exchange Community Ctr.

Age: 3-5yrs. Come out to your park to discover the secret life of spiders. We will learn about the different spiders that call North Carolina home, then hike to find some that live around here. Children should be accompanied by an adult. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/child
#32456 Mar 5 Sa 2:00-3:00pm

Squirrels

Location: Durant Nature Park

Age: 3-5yrs. Bring your preschooler on a bright-eyed and bushy-tailed adventure. Search the forest for squirrel homes, listen for calls and find their food. Share the fun with your child as you play squirrelly games and do nutty activities. Children should be accompanied by an adult. Class Fee: \$3/child
#32525 Mar 19 Sa 2:00-3:00pm

Tiny Explorers Lunch Bunch

Location: Jaycee Community Center

Age: 3-6yrs. Bring a lunch and picnic with us! Following lunch we will explore weather, plants, animals, and more! Our tiny explorers will have lots of fun while learning about the wonderful world around us via projects and hands on experiments. Class Fee: \$32
#33042 Jan 7-28 F 12:30-2:00pm
#33043 Feb 4-25 F 12:30-2:00pm
#33044 Mar 4-18 F 12:30-2:00pm
#33045 Apr 1-22 F 12:30-2:00pm

Tree Houses

Location: Brentwood Park

Age: 3-5yrs. Trees are homes to several members of our forest. Come out as we discover all the places animals can be found living in trees. Children should be accompanied by an adult. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/child
#32446 Apr 6 W 1:30-2:30pm

Wee Walkers

Location: Durant Nature Park

Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park or along the Durant Greenway trail. This is a great opportunity for adults and little ones to meet each

Wee Walkers continued next page —

Wee Walkers continued —

other and explore nature. Adults can track their distance using our pedometers. Class Fee: \$0

#32421	Feb 3	Th	10:00-11:00am
#32422	Feb 17	Th	10:00-11:00am
#32423	Mar 3	Th	10:00-11:00am
#32424	Mar 17	Th	10:00-11:00am
#32425	Apr 7	Th	10:00-11:00am
#32426	Apr 21	Th	10:00-11:00am

Youth

Animal Farm

Location: Green Road Community Center
Age: 3-5yrs. Each class will learn about a different group of farm animals and why they are important to us. All students must be potty trained. Class Fee: \$28

#31396	Feb 16-Mar 9	W	1:15-2:15pm
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Animals In Winter

Location: Durant Nature Park
Age: 5-12yrs. Join a Nature Instructor to learn about how animals survive the winter. We will walk through the wooded trails in search of animals and the signs they leave behind. Class Fee: \$3

#32459	Jan 8	Sa	2:00-3:00pm
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Beavers

Location: Durant Nature Park
Age: 5-12yrs. Come out and discover the lives of beavers. We will discuss the unique adaptations of these animals and go on a hike to look for their homes as well as evidence such as dams, felled trees and lodges. Class Fee: \$3

#32528	Apr 2	Sa	2:00-3:00pm
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Bird Watching

Location: Brentwood Park
Age: 5-12yrs. This class is perfect for kids who want to learn more about our fine feathered friends. See real bird skeletons, feathers, and watch some of the silly things these fascinating animals do. You will then get a chance to identify some local birds by sight and sound. Binoculars will be provided for participants who do not bring their own. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#32451	Jan 8	Sa	3:00-4:00pm
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Dig into Rocks

Location: Green Road Community Center
Age: 9-12yrs. Children will discover different minerals. Break your own geodes. Inside, find beautiful crystals. Learn some really neat stuff about rocks! Meets Cub Scout standards. Class Fee: \$12

#32059	Mar 5	Sa	10:00am-12:00pm
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Everything North Carolina

Location: Durant Nature Park
Age: 5-12yrs. Did you know that the state insect is the honey bee? What about the state bird, mammal, mineral, etc? Come out and learn all about the state symbols of North Carolina. Class Fee: \$3

#32518	Mar 5	Sa	2:00-3:00pm
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For the Birds

Location: Green Road Community Center
Age: 6-8yrs. By popular demand, Green Road Center presents For the Birds. Join us and check out which birds live in your neighborhood. Learn what to feed them and about different feeders and birdhouses. Great take home items included. Class Fee: \$12

#32057	Jan 22	Sa	9:30-11:00am
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Garden Spots

Location: Green Road Community Center
Age: 6-8yrs. Future gardeners, learn how to make your own unique plant markers, which we will then put in our own potted plants. This can make a wonderful Mother's Day gift, or to keep and watch grow! Class Fee: \$12

#32246	Apr 30	Sa	9:30-11:00am
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Insect Babies

Location: Eastgate Park
Age: 4-8yrs. Did you know insects have babies too? Come out to learn all about insect babies and the cycle they go through to become adults. Children should be accompanied by an adult. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/child

#32453	Apr 16	Sa	1:00-2:00pm
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Natural Valentines

Location: Durant Nature Park
Age: 5-12yrs. Come to the park and learn about different natural items that can be used to make cards and gifts. You will make a Valentine's Day card to take home. Children should be accompanied by an adult. Class Fee: \$5/child

#32463	Feb 12	Sa	2:00-3:30pm
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Saturday Safari

Age: 5-12yrs. Children will explore the park during our safari to discover nature's fascinating plants and animals. Games, crafts, stories and hikes will introduce your young explorer to each week's topic. For

more information, contact Nature programs at 919-831-6856. Class Fee: \$3

Lake Johnson

#32432	Birds	Jan 8	Sa	1:30-2:30pm
#32433	Beavers	Jan 29	Sa	1:30-2:30pm
#32434	Wetlands	Feb 12	Sa	1:30-2:30pm
#32435	Amphibians	Feb 26	Sa	1:30-2:30pm
#32436	Insects	Mar 5	Sa	1:30-2:30pm
#32437	Reptiles	Mar 19	Sa	1:30-2:30pm

Peach Road

#32438	Birds	Jan 8	Sa	10:30-11:30am
#32439	Beavers	Jan 29	Sa	10:30-11:30am
#32440	Wetlands	Feb 12	Sa	10:30-11:30am
#32441	Amphibians	Feb 26	Sa	10:30-11:30am
#32442	Insects	Mar 5	Sa	10:30-11:30am
#32443	Reptiles	Mar 19	Sa	11:30am-12:30pm

Turtle Trek

Location: Eastgate Park
Age: 5-12yrs. Come out to and learn about the North Carolina State Reptile and other interesting facts about turtles. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#32444	Mar 19	Sa	3:00-4:00pm
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Winter Life

Location: Millbrook Exchange Community Ctr.
Age: 5-12yrs. Where do insects go when it gets cold? From bugs to caterpillars, insects survive the winter in unique ways. Come out and discover where and how these insects survive the winter. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#32457	Feb 12	Sa	2:00-3:00pm
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Youth Action Pack

Location: Roberts Park Community Center
Age: 7-13yrs. Youngsters are taught to survive without life's conveniences. Learn to use and explore the elements of nature. Go fishing, camping, hiking, etc. Class Fee: \$0

#32814	Jan 5-26	W	6:00-7:00pm
#32815	Feb 2-23	W	6:00-7:00pm
#32816	Mar 2-16	W	6:00-7:00pm
#32817	Apr 6-20	W	6:00-7:00pm



Adult

Bass Tournament

Location: Lake Johnson

Age: 16yrs and up. A minimum of 15 teams (2-anglers per boat), and no more than 20 teams will be allowed to register. Awards include 1st, 2nd, 3rd place, and largest bass, along with door prizes. All registrations must be conducted in person. Although the park will remain open for normal services, access for boat rentals will be restricted during this event. Boat rentals will resume after 1:00pm. Weigh-in and Awards:

1:00-2:00pm. Class Fee:

#32150 Apr 23 Sa 6:00am-2:00pm

Family

Beginning Birding

Location: Anderson Point

Age: 6yrs and up. The instructor will explain how to locate and identify birds in the local area. A special emphasis will be on two birds of the open meadow, the bluebird and the purple martin. Binoculars are useful but not necessary. For more information contact Melody Scott with Wake Audubon Society at 881-2911. Class Fee:

#31952 Mar 19 Sa 9:00am-12:00pm

Birds of Prey Class & Demonstration

Location: Lake Wheeler

Age: 2yrs and up. Conducted by the American Wildlife Refuge, this educational lecture and demonstration will introduce patrons to a wide variety of raptors. Over a dozen live birds of prey will be on hand—featuring Beanca the Eagle along with various Falcons, Hawks, and Owls. This event will allow onlookers to experience a new found respect for these magnificent creatures. Seating will be limited. Class Fee: \$2

#31311 Mar 12 Sa 11:00am-1:00pm

Family Bird Hike

Location: Brookhaven Nature Park

Age: 3yrs and up. Did you know that there are some species of birds that winter here in North Carolina? Bring your binoculars (if you have them) and your keen sense of hearing as we take you and your family along a hike through your neighborhood nature park. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/family member

#32454 Feb 26 Sa 9:00-10:30am

Planning for Purple Martins

Location: Anderson Point

Age: 6yrs and up. Learn how to attract purple martins, to care for and maintain a colony, and what to look for in a house. For more information contact Melody Scott with Wake Audubon Society at 881-2911. Class Fee: \$0

#31953 Feb 19 Sa 9:00am-12:00pm

Wildflower Wonder

Location: Brookhaven Nature Park

Age: 3yrs and up. Ever wonder about those pretty flowers you see in the woods near your home? Have you heard names such as 'Jack-in-the-Pulpit' and 'Blazing Star' and wonder what these flowers look like? Come out and learn more about these wonders of our woods. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3/family member

#32455 Apr 16 Sa 10:00-11:00am

Social

Preschool

Fables and Fairytales

Location: Green Road Community Center

Age: 4-5yrs. We learn so many of life's valuable lessons from fables and fairy tales, such as to never give up in the story of the crow and the pitcher. Join us to hear more of these wonderful stories. Class Fee: \$28

#32243 Feb 3-24 Th 1:30-2:15pm

Kidstime

Location: Green Road Community Center

Age: 3-5yrs. Kidstime is designed to help children prepare for school relationship, learning skills such as sharing, being polite, playing and learning in a group. We play, sing, read and learn numbers, letters, and sounds. Science and health are included. All children must be potty trained. This program has been set up for the winter/spring semester, January through May. Payments of \$66 will be due at the first class of each month. First month's payment will be due at time of registration. Final payment will be due May 2. The class will follow the Wake County Schools traditional calendar. Class Fee: \$330

#31389 Jan 10-May 18 M,W 9:15am-12:15pm

Music - Silly Sound

Location: Laurel Hills Community Center

Age: 2-3yrs. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Class Fee: \$28

#32884 Jan 4-25 T 9:00-9:30am

#32885 Feb 1-22 T 9:00-9:30am

#32886 Mar 1-22 T 9:00-9:30am

#32887 Apr 5-26 T 9:00-9:30am

Music Time for Babies & Parents

Location: Jaycee Community Center

Age: All Ages. Discover the world of music, rhythm, and movement! Nurture your parent-child bond by spending some quality music time together. We will explore music with kid safe instruments while encouraging musical learning and social/educational development. An additional \$30 material fee which

includes a CD, parent book, shaker, scarf, and rhythm sticks is due to the instructor on the first day of class. Class Fee: \$112

#32974 Jan 11-Apr 26 T 11:00-11:35am
#32976 Jan 13-Apr 28 Th 10:15-10:50am

Music Time for Preschoolers & Parents

Location: Jaycee Community Center

Age: All Ages. Come sing, play, learn, and move in this class for preschoolers! Children will have fun singing songs and creating finger plays, making rhythms, exploring instruments, and participating in focused listening activities and creative movement in an action-packed, age appropriate setting. Class promotes music, motor, and social skills and development. An additional \$30 material fee which includes a CD, parent book, and rhythm sticks is due to the instructor on the first day of class. Class Fee: \$112

#32962 Jan 11-Apr 26 T 10:15-10:50am

#32964 Jan 13-Apr 28 Th 11:00-11:35am

#32965 Jan 15-Apr 30 Sa 11:00-11:45am

Music Time for Toddlers & Parents

Location: Jaycee Community Center

Age: 15-30mths. Discover the world of music, rhythm, and movement! Nurture your parent-child bond by spending some quality music time together. We will explore music with kid safe instruments while encouraging musical learning and social/educational development. An additional \$30 material fee which includes a CD, parent book, and rhythm sticks is due to the instructor on the first day of class. Class Fee: \$112

#32954 Jan 11-Apr 26 T 9:30-10:05am

#32955 Jan 13-Apr 28 Th 9:30-10:05am

#32956 Jan 15-Apr 30 Sa 10:15-10:50am

Playgroup

Location: Millbrook Exchange Community Ctr.

Age: 2yrs and up. The gym is your playground. Come to meet other families and your community in a recreation setting. The Gym will be reserved for parents and their young children. Sports equipment will be available. The center will be closed on Jan 17th. Class Fee: \$0

#30598 Jan 10-Apr 27 M,W 10:00am-1:00pm

Playsmart

Location: Halifax Community Center

Age: 3-5yrs. Children will rotate through different stations in small groups. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars is used to teach children about driver and pedestrian safety. Class Fee: \$5

#33432 Feb 22 T 10:00-11:30am

#33433 Mar 2 W 10:00-11:30am

#33434 Mar 8 T 10:00-11:30am

#33435 Mar 10 Th 10:00-11:30am

#33436 Mar 16 W 10:00-11:30am

#33437 Mar 31 Th 10:00-11:30am

#33438 Apr 5 T 10:00-11:30am

#33439 Apr 12 T 10:00-11:30am

#33440 Apr 14 Th 10:00-11:30am

Social Programs continued next page —

Space Cadets

Location: Green Road Community Center
 Age: 3-5yrs. Come learn about planets, stars, aerospace and much more! Class Fee: \$28
 #32053 Jan 6-27 Th 9:15-10:15am

Teddy Bear Tea Party

Location: Millbrook Exchange Community Ctr.
 Age: 4-5yrs. Bundle up your favorite Teddy Bear and bring him or her to a Tea Party. Enjoy refreshments and make an arts and crafts project. Class Fee: \$5
 #31032 Feb 19 Sa 1:00-1:45pm

Youth**Breakfast with the Bunny**

Location: Laurel Hills Community Center
 Age: Up to 10yrs. Hop on over to Laurel Hills for the annual Egg Hunt which will include face painting, crafts and other family entertainment. Enjoy light refreshments and meet the Bunny! Class Fee:
 #31129 Mar 19 Sa 10:00am-12:00pm

Bumper Pool Challenge

Location: Chavis Community Center
 Age: 6-11yrs. You got game? Bring it to the table. Players will compete for the title of Bumper Pool Champion. Prizes will be awarded. Kids will be divided in to ages 6-8 & 9-11 for play. Class Fee: \$0
 #32576 Jan 28 F 4:00-5:00pm
 #32577 Feb 25 F 4:00-5:00pm
 #32578 Apr 29 F 4:00-5:00pm

Bunny Bingo

Location: Laurel Hills Community Center
 Age: All Ages. Come play 'Bunny Bingo'! Dye your own eggs, complete a bunny craft, and win your favorite prizes! Pizza dinner provided. Class Fee: \$15
 #31128 Mar 11 F 6:00-9:00pm

Chess Club

Location: Tarboro Road Community Center
 Age: 10yrs and up. Learn the basic moves of chess. Monthly Tournaments. No fees! Class Fee: \$0
 #33281 Jan 4-25 T 7:00-8:00pm
 #33282 Feb 8-22 T 7:00-8:00pm
 #33283 Mar 1-29 T 7:00-8:00pm
 #33284 Apr 5-26 T 7:00-8:00pm

Clean Sweep Fun!

Location: Peach Road
 Age: 5-12yrs. Join us and be part of the transformation of our community. Help us make our neighborhood be healthy, nice and clean. Free refreshments will be provided. This event is offered in conjunction with the City of Raleigh Community Services Department. Class Fee: \$0
 #32802 Mar 12 Sa 10:00am-12:00pm

Cooking - Cook it Up

Location: Ralph Campbell Community Center
 Age: 12-16yrs. Learn to cook small meals, set up the table and learn table manners. Class Fee: \$10
 #33066 Jan 8-Feb 26 Sa 12:00-2:00pm

Daddy Daughter Dance

Location: Laurel Hills Community Center
 Age: 3yrs and up. Hey, Dads and daughters, get dressed up and celebrate Valentine's Day with Laurel Hills for a night of dancing, refreshments and great entertainment. Cost includes: heavy hors d'oeuvres, a polaroid picture for each couple, flower for each daughter and door prizes. Registration is required and must be made by Tuesday, February 8. Register early, space is limited! Cost is per person. Class Fee: \$10 per person
 #31126 Feb 11 F 6:30-8:30pm

Fly Away

Location: Chavis Community Center
 Age: 8-14yrs. Join us for fun in the sun making kites from recycled materials, then see if your design makes the grade when we have a flight competition. Materials will be provided & prizes will be awarded. Class Fee: \$6
 #33143 Mar 5 Sa 10:00am-12:00pm

Foosball Challenge

Location: Chavis Community Center
 Age: 6-11yrs. You got game? Bring it to the table. Players will be placed on teams of 2 to compete for the title of Foosball Champion. Prizes will be awarded. Kids will be divided in to ages 6-8 & 9-11 for play. Class Fee: \$0
 #32566 Jan 14 F 4:00-5:00pm
 #32567 Feb 11 F 4:00-5:00pm
 #32568 Apr 8 F 4:00-5:00pm

Friday Night Fun

Location: Laurel Hills Community Center
 Age: 4-12yrs. Parents enjoy a night out on the town while their children have a light dinner, make crafts or play games, and watch a movie. Registration three days prior to the program date is required. Class Fee: \$15
 #31130 Jan 28 F 5:30-9:30pm
 #31131 Feb 25 F 5:30-9:30pm
 #31132 Apr 1 F 5:30-9:30pm
 #31133 Apr 29 F 5:30-9:30pm

Kid's Night Out

Location: Green Road Community Center
 Age: 5-11yrs. Parents, both you AND your child enjoy a night out! Bring your child to Green Road Center for a night of dinner and fun. January is Chef's Night; February is Science Fun Night, March is Game Night, and April is Craft Night. Dinner is included. Class Fee: \$15
 #31439 Jan 21 F 6:00-9:30pm
 #31440 Feb 18 F 6:00-9:30pm
 #31441 Mar 18 F 6:00-9:30pm
 #31443 Apr 15 F 6:00-9:30pm

Love Day in Apollo

Location: Ralph Campbell Community Center
 Age: 11-16yrs. A day to celebrate Valentines Day with a dance, fun and games, and refreshments. The center will be decorated in red and white, so bring your sweetheart, and don't forget the candy and teddy bear. Class Fee: \$0
 #33059 Feb 12 Sa 7:00-10:00pm

Parent's Day Off

Location: Chavis Community Center
 Age: 5-12yrs. A program designed for children in modified schedule or year round schools. The program consists of games, activities, arts & crafts, computer time, reading, etc. Pre-registration is required. Class Fee: \$0
 #32499 Mar 14 M 7:30am-6:00pm
 #32500 Mar 15 T 7:30am-6:00pm
 #32501 Mar 16 W 7:30am-6:00pm
 #32502 Mar 17 Th 7:30am-6:00pm
 #32503 Mar 18 F 7:30am-6:00pm
 #32504 Mar 21 M 7:30am-6:00pm
 #32505 Mar 22 T 7:30am-6:00pm
 #32506 Mar 23 W 7:30am-6:00pm
 #32507 Mar 24 Th 7:30am-6:00pm
 #32508 Mar 25 F 7:30am-6:00pm

Preteens - It's a Guy Thing

Location: Walnut Terrace Community Center
 Age: 8-11yrs. Games and activities designed specifically for young men. Team development and leadership skills taught. Activities include field trips and good old fashioned rap sessions. Class Fee: \$0
 #32048 Jan 10-Apr 25 M 6:30-8:00pm
 #32049 Jan 12-Apr 27 W 6:30-8:00pm

Preteens - Little Angels Club

Location: Walnut Terrace Community Center
 Age: 7-11yrs. A club for girls. Activities include, but are not limited to, field trips, team building, life skills, motivational speakers, hygiene issues, etiquette, etc. No meetings on holidays. Call for more information. Class Fee: \$0
 #32050 Jan 4-Apr 26 T 6:30-8:00pm

SNO at Green Road

Location: Green Road Community Center
 Age: 5-11yrs. Bring your children to the Green Road Center for a day of structured play when Wake County Schools are closed for the day due to inclement weather. Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks and drinks and a change of clothes. Pre-registration is recommended. Space is limited. Class Fee: \$20
 #31515 Jan 10 M 8:00am-5:00pm

Substance Abuse Prevention

Location: Roberts Park Community Center
 Age: 8-15yrs. Preteens and teens are provided with various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and make constructive use of leisure time. Class Fee: \$0
 #33419 Mar 17-Apr 21 Th 5:30-6:30pm

Super Saturday Mornings

Location: Laurel Hills Community Center
 Age: 4-12yrs. Drop off your child for a fun filled morning of crafts, games, movies and more. Pizza lunch and delicious snacks are provided. Enjoy a morning of free time for yourself while we entertain your special one. Class Fee: \$15
 #31134 Jan 15 Sa 10:30am-2:30pm
 #31135 Feb 12 Sa 10:30am-2:30pm
 #31136 Mar 12 Sa 10:30am-2:30pm
 #31137 Apr 16 Sa 10:30am-2:30pm

Teen Fun Bunch

Location: Halifax Community Center
Age: 13-16yrs. Come out and enjoy the fun. This is a great opportunity for you to improve your social skills with peers while enjoying games and traveling to a variety of area fun spots. Class Fee: \$5
#32087 Jan 13-Mar 17 Th 6:00-8:00pm

Valentine Caring Hearts

Location: Green Road Community Center
Age: 3-10yrs. Come and make valentines for your loved ones and others that are not so fortunate.
#32058 Feb 12 Sa 10:00am-12:00pm

Youth Escape School at Chavis Park

Location: Chavis Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20
#32515 Feb 18 F 7:30am-6:00pm
#32516 Feb 21 M 7:30am-6:00pm
#32517 Apr 22 F 7:30am-6:00pm

Youth Escape School at Green Road

Location: Green Road Community Center
Age: 5-12yrs. Organized recreation activities that include sports, games and crafts for kids on teacher workdays. Pre-registration is required, space is limited. Activity hours are 9am to 5pm; early drop off and late pick up available. Have camper bring two snacks, lunch and drinks each day. Class Fee: \$20
#31523 Feb 18 F 7:30am-6:00pm
#31524 Feb 21 M 7:30am-6:00pm
#31525 Mar 11 F 7:30am-6:00pm
#31526 Mar 21 M 7:30am-6:00pm
#31527 Mar 22 T 7:30am-6:00pm
#31528 Mar 23 W 7:30am-6:00pm
#31529 Mar 24 Th 7:30am-6:00pm
#31530 Mar 28 M 7:30am-6:00pm
#31531 Apr 22 F 7:30am-6:00pm
#33456 Jan 3 M 7:30am-6:00pm

Youth Escape School at Jaycee

Location: Jaycee Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and

2 snacks. Class Fee: \$20

#32990	Jan 3	M	7:30am-6:00pm
#32991	Feb 18	F	7:30am-6:00pm
#32992	Feb 21	M	7:30am-6:00pm
#32993	Mar 11	F	7:30am-6:00pm
#32994	Mar 21	M	7:30am-6:00pm
#32995	Mar 22	T	7:30am-6:00pm
#32996	Mar 23	W	7:30am-6:00pm
#32997	Mar 24	Th	7:30am-6:00pm
#32998	Mar 28	M	7:30am-6:00pm
#32999	Apr 22	F	7:30am-6:00pm

Youth Escape School at Lake Lynn

Location: Lake Lynn Community Center
Age: 5-12yrs. Need something for your child to do on Teacher workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#32211	Jan 3	M	7:30am-6:00pm
#32212	Feb 18	F	7:30am-6:00pm
#32213	Feb 21	M	7:30am-6:00pm
#32214	Mar 11	F	7:30am-6:00pm
#32215	Mar 21	M	7:30am-6:00pm
#32216	Mar 22	T	7:30am-6:00pm
#32217	Mar 23	W	7:30am-6:00pm
#32218	Mar 24	Th	7:30am-6:00pm
#32220	Mar 28	M	7:30am-6:00pm
#32230	Apr 22	F	7:30am-6:00pm

Youth Escape School at Laurel Hills

Location: Laurel Hills Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#31357	Feb 18	F	7:30am-6:00pm
#31358	Feb 21	M	7:30am-6:00pm
#31359	Mar 11	F	7:30am-6:00pm
#31360	Mar 21	M	7:30am-6:00pm
#31361	Mar 22	T	7:30am-6:00pm
#31362	Mar 23	W	7:30am-6:00pm
#31363	Mar 24	Th	7:30am-6:00pm
#31364	Mar 28	M	7:30am-6:00pm
#31365	Apr 22	F	7:30am-6:00pm

Youth Escape School at Lions

Location: Lions Park Community Center
Age: 5-13yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and

counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#32278	Jan 3	M	7:30am-6:00pm
#32279	Feb 18	F	7:30am-6:00pm
#32466	Feb 21	M	7:30am-6:00pm
#32280	Mar 21	M	7:30am-6:00pm
#32281	Mar 22	T	7:30am-6:00pm
#32282	Mar 23	W	7:30am-6:00pm
#32283	Mar 24	Th	7:30am-6:00pm
#32469	Mar 28	M	7:30am-6:00pm
#32284	Apr 22	F	7:30am-6:00pm

Youth Escape School at Method

Location: Method Road Community Center
Age: 6-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Filed Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#33311	Jan 3	M	7:30am-6:00pm
#33312	Feb 18	F	7:30am-6:00pm
#33313	Mar 11	F	7:30am-6:00pm
#33314	Mar 21	M	7:30am-6:00pm
#33315	Mar 22	T	7:30am-6:00pm
#33528	Mar 23	W	7:30am-6:00pm
#33529	Mar 24	Th	7:30am-6:00pm
#33530	Apr 22	F	7:30am-6:00pm

Youth Escape School at Millbrook

Location: Millbrook Exchange Community Ctr.
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#30605	Feb 18	F	7:30am-6:00pm
#30606	Mar 11	F	7:30am-6:00pm
#30607	Mar 21	M	7:30am-6:00pm
#30608	Mar 22	T	7:30am-6:00pm
#30609	Mar 23	W	7:30am-6:00pm
#30610	Mar 24	Th	7:30am-6:00pm
#30611	Mar 28	M	7:30am-6:00pm
#30612	Apr 22	F	7:30am-6:00pm

Youth Escape School at Optimist Center

Location: Optimist Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while

Youth Escape School at Optimist continued next page —

Youth Escape School at Optimist continued —

mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#30975	Jan 3	M	7:30am-6:00pm
#30976	Feb 18	F	7:30am-6:00pm
#30977	Feb 21	M	7:30am-6:00pm
#30978	Mar 11	F	7:30am-6:00pm
#30979	Mar 21	M	7:30am-6:00pm
#30980	Mar 22	T	7:30am-6:00pm
#30981	Mar 23	W	7:30am-6:00pm
#30982	Mar 24	Th	7:30am-6:00pm
#30984	Mar 28	M	7:30am-6:00pm
#30985	Apr 22	F	7:30am-6:00pm

Youth Escape School at Pullen Community Center

Location: Pullen Community Center

Age: 5-11yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#33467	Feb 18	F	7:30am-6:00pm
#33468	Mar 11	F	7:30am-6:00pm
#33469	Mar 21	M	7:30am-6:00pm
#33470	Mar 22	T	7:30am-6:00pm
#33471	Mar 23	W	7:30am-6:00pm
#33472	Mar 24	Th	7:30am-6:00pm
#33473	Mar 28	M	7:30am-6:00pm
#33474	Apr 22	F	7:30am-6:00pm

Youth Escape School at Roberts

Location: Roberts Park Community Center
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#32818	Jan 3	M	7:30am-6:00pm
#32819	Feb 18	F	7:30am-6:00pm
#33466	Feb 21	M	7:30am-6:00pm
#33476	Mar 11	F	7:30am-6:00pm
#33477	Mar 21	M	7:30am-6:00pm
#33478	Mar 22	T	7:30am-6:00pm
#33479	Mar 23	W	7:30am-6:00pm
#33481	Mar 24	Th	7:30am-6:00pm
#33482	Mar 28	M	7:30am-6:00pm
#33483	Apr 22	F	7:30am-6:00pm

Youth Escape School Carolina Pines

Location: Carolina Pines Community Center

Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Class Fee: \$20

#33480	Feb 18	F	7:30am-6:00pm
#33484	Feb 21	M	7:30am-6:00pm
#33485	Mar 11	F	7:30am-6:00pm
#33486	Mar 21	M	7:30am-6:00pm
#33487	Mar 22	T	7:30am-6:00pm
#33488	Mar 23	W	7:30am-6:00pm
#33489	Mar 24	Th	7:30am-6:00pm
#33490	Mar 28	M	7:30am-6:00pm
#33491	Apr 22	F	7:30am-6:00pm

Youth Outreach Unified At Tarboro Rd

Location: Tarboro Road Community Center

Age: 12-15yrs. Youth forum to redirect our youth for a better future. Snacks are provided. Class Fee: \$0

#33293	Jan 18	T	6:30-8:30pm
#33294	Feb 15	T	6:30-8:30pm
#33295	Mar 15	T	6:30-8:30pm
#33296	Apr 19	T	6:30-8:30pm

Teen

Custom Teen Programs

Location: Wade Ave. Administrative Office Bldg.

Age: 11-18yrs. Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today at 831-6688 to hear more about your options for a custom teen program! Class Fee:

#31959	Jan 2-Mar 26	Daily 9:00am-10:00pm
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EA Sports

Location: Roberts Park Community Center

Age: 14yrs and up. Roberts Park would like to extend its control pad to the best EA Athletes to join our tournaments to see who can win the gold. The rules are simple, Chose a team and take them to the promise land. If that person is you, then sign your team up and prove who the champ is. Ages 12 and up. Fee is \$5.00. Class Fee: \$5

#32813	Jan 4-Feb 8	T	6:00-8:00pm
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Raleigh Youth Council

Location: Laurel Hills Community Center

Age: 14-18yrs. Are you a high school student that is interested in initiating, organizing

and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth in Business Day, Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake

County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization, check out one of our meetings or call to find out about upcoming opportunities!

The meetings take place on the second and fourth Mondays of each month. Cost: There is no membership fee but there may be additional fees for activities or conferences. Please call 831-6688 to find out when we will be having our next meeting. Pre-registration is not required.

#31891	Jan 10	M	7:00-8:00pm
#31962	Jan 24	M	7:00-8:00pm
#31963	Feb 7	M	7:00-8:00pm
#31964	Feb 28	M	7:00-8:00pm
#31965	Mar 14	M	7:00-8:00pm
#31966	Mar 28	M	7:00-8:00pm
#31967	Apr 11	M	7:00-8:00pm
#31968	Apr 25	M	7:00-8:00pm

Ski Trip

Location: Wade Ave. Administrative Office Bldg.

Age: 14-18yrs. Grab your toboggan, your jacket, and your friends and get ready for a ski trip you will never forget! Join us for a weekend trip to the Appalachian Ski Resort for a fun filled winter adventure. We will be staying in a wonderful cabin high in the Appalachian Mountains. The trip includes a night of fun with friends and an entire day skiing or snowboarding. The price of the trip includes: transportation, all breakfasts and dinners, lift tickets, ski or snowboard equipment rentals, supervision, and lodging. The trip is Sa-M. (Monday is a holiday from school.) Call the Teen Program at 831-6688 for more information. Class Fee: \$110

#31892	Jan 17-23	Sa-M	8:00am-4:00pm
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State Youth Council Conferences

Location: Wade Ave. Administrative Office Bldg.

Age: 14-18yrs. Join the Raleigh Youth Council in attending conferences across the State of North Carolina. The State Youth Council is comprised of local youth councils from across the state and meets to allow teenagers to have a say in issues they feel are important to them. Have your say and have fun on one of these exciting trips! Call the Teen Program at 831-6688 for more

information. Class Fee: \$0
Concord Community Service Conference
 #32089 Feb 25-27 F-Su 4:00-11:00pm
Beach Leadership Conference
 #33520 May 13-15 F-Su 4:00-11:00pm

Teen Social

Location: Biltmore Hills Community Center
 Age: 13-17yrs. Join in with a friend or family while having fun listening to music and playing recreational activities. Light refreshments will be served. Class Fee: \$1
 #32597 Jan 14 F 6:00-10:00pm
 #32598 Feb 11 F 6:00-10:00pm
 #32603 Mar 11 F 6:00-10:00pm

Worthdale Fun Bunch

Location: Worthdale Community Center
 Age: 13-17yrs. Teens come out and enjoy social time with your peers. Play cards, pool, fooseball, and music. Class Fee: \$0
 #32791 Jan 14-Apr 22 F 6:00-9:00pm

Adult

Top Greene Older Adult Club

Location: John P Top Greene Center
 Age: 55yrs and up. Participants and club members meet weekly and participate in activities such as day trips, luncheons, crafts, special events and educational speakers.
 #32606 Jan 12 W 11:00am-1:00pm
 #32607 Feb 9 W 11:00am-1:00pm
 #32608 Mar 9 W 11:00am-1:00pm
 #32609 Apr 13 W 11:00am-1:00pm

Bridge - Capitol Bridge Club

Location: Jaycee Community Center
 Age: All Ages. Come join the Capitol Bridge Club as they meet twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the Club. Class Fee: 75¢/person/meeting
 #33012 Jan 4-28 T,F 9:00am-1:00pm
 #33013 Feb 1-25 T,F 9:00am-1:00pm
 #33014 Mar 1-29 T,F 9:00am-1:00pm
 #33015 Apr 1-29 T,F 9:00am-1:00pm

Bridge Club

Location: Tarboro Road Community Center
 Age: 18yrs and up. Join fellow Bridge enthusiasts at this weekly afternoon play date to enjoy a very competitive atmosphere for experienced players and have a little fun at the same time. Class Fee: \$0
 #33289 Jan 4-25 T 1:00-5:00pm
 #33290 Feb 1-22 T 1:00-5:00pm
 #33291 Mar 1-29 T 1:00-5:00pm
 #33292 Apr 5-26 T 1:00-5:00pm

Camera Club

Location: Optimist Community Center
 Age: 18yrs and up. This class offers the opportunity for you to take pictures at different parks throughout the city. Classes meet on the first & third Monday of the month. Come join this unique social, camera club where you can enjoy fellowship, nature and photography. You must provide your own camera (any kind), film and be responsible for film development. An organizational

meeting will be held on March 21 at a local restaurant. \$1.00 per trip for transportation. For more information, contact Senior/Adult Programs at 831-6851. Class Fee: \$0
 #32317 Mar 21-May 16 M 9:30am-1:00pm

Card Night

Location: Halifax Community Center
 Age: 16yrs and up. Come and enjoy a few hands of cards and some social time with your peers. Class Fee: \$0
 #32086 Jan 12-Mar 2 W 6:00-8:30pm

Cards - Spades for Beginners

Location: Biltmore Hills Community Center
 Age: 18yrs and up. Participants will enjoy a fun and relaxed atmosphere to learn the rules and strategies of this popular card in a group setting. Class Fee: \$0
 #32569 Jan 6-27 Th 2:00-4:00pm
 #32570 Feb 3-24 Th 2:00-4:00pm
 #32571 Mar 3-31 Th 2:00-4:00pm
 #32572 Apr 7-May 5 Th 2:00-4:00pm

Chess - Excalibur Chess Club

Location: Biltmore Hills Community Center
 Age: 18yrs and up. Come out and join the Excalibur Chess Club every first Saturday of the month. Class Fee: \$0
 #32742 Jan 1 Sa 1:00-3:00pm
 #32947 Feb 5 Sa 1:00-3:00pm
 #32952 Mar 5 Sa 1:00-3:00pm
 #32953 Apr 2 Sa 1:00-3:00pm

Classic Chevy Car Club

Location: Jaycee Community Center
 Age: 18yrs and up. Car talk-Chevy style. Come join us and let's talk Classic Chevys. We meet the 4th Monday of each month except holidays. Class Fee: 75¢/person/meeting
 #31056 Jan 24 M 7:00-9:45pm
 #31057 Feb 28 M 7:00-9:45pm
 #31058 Mar 28 M 7:00-9:45pm
 #31059 Apr 25 M 7:00-9:45pm

Clogging - Beginning

Location: Millbrook Exchange Community Ctr.
 Age: 13yrs and up. Learn to clog! Become fit while having lots of fun. A lifetime activity that you continue to enjoy. Class Fee: \$35
 #30712 Feb 2-Mar 23 W 7:30-8:15pm

Clogging - Intermediate

Location: Millbrook Exchange Community Ctr.
 Age: 13yrs and up. Beyond a beginner? Learn a little more while having lots of fun. A lifetime activity that you can continue to enjoy. Class Fee: \$35
 #30713 Feb 2-Mar 23 W 8:15-9:15pm

Dance - Ballroom Beginning

Location: Sertoma Arts Center
 Age: 16yrs and up. Students are introduced to dances such as the Fox-trot, Swing, Waltz, Cha-Cha, Rumba, Tango, Samba and Merengue. Fifteen minutes of freestyle dancing concludes the class. Registration by couple only. Class Fee is per person. 9-week series. Liz Sorrell and Bob Klatt instruct. Class Fee: \$65
 #32509 Jan 11-Mar 8 T 7:30-8:45pm
 #32519 Mar 29-May 24 T 7:30-8:45pm

Dance - Ballroom Continuing

Location: Sertoma Arts Center
 Age: 16yrs and up. Students perfect the steps taught in Beginning Ballroom and progress to more difficult routines. Fifteen minutes of freestyle dancing starts the class. Registration by couple only. Class Fee is per person. 9-week series. Class does not meet Nov 2. Liz Sorrell and Bob Klatt instruct. Class Fee: \$65
 #32524 Jan 11-Mar 8 T 8:30-9:45pm
 #32527 Mar 29-May 24 T 8:30-9:45pm

Dance - East Coast Swing

Location: Jaycee Community Center
 Age: 16yrs and up. Come learn the popular Swing Dance that has inspired generations for over 70 years. Participants learn the Six Count Basic, the Under Arm Turn followed by the Loop Turn and the Cuddle. No partner necessary. Course instructed by Bruce Gillooly. Class Fee: \$35
 #32943 Jan 5-26 W 8:00-9:00pm
 #32944 Feb 2-23 W 8:00-9:00pm
 #32945 Mar 2-23 W 8:00-9:00pm
 #32946 Apr 6-27 W 8:00-9:00pm

Dance - Salsa

Location: Jaycee Community Center
 Age: 16yrs and up. If you prefer Latin dancing then this is the right course for you! Come learn the Eight Count Basic, the Walk Across, the Chase and some Merengue as well. No partner necessary. Course instructed by Bruce Gillooly. Class Fee: \$35
 #32939 Jan 5-26 W 7:00-8:00pm
 #32940 Feb 2-23 W 7:00-8:00pm
 #32941 Mar 2-23 W 7:00-8:00pm
 #32942 Apr 6-27 W 7:00-8:00pm

Dance - Scottish

Location: Glen Eden Park
 Age: 12yrs and up. Exercise, socialize, and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are 75¢/person/meeting. No registration necessary.
 #33084 Jan 12-Mar 9 W 7:00-10:00pm
 #33085 Mar 23-May 18 W 7:00-10:00pm

Dance - West Coast Swing

Location: Jaycee Community Center
 Age: 16yrs and up. This dance has a totally different look and feel from the East Coast Swing and is popular in the local Shag and Country music clubs. You will learn the Six Count Basic, the Left Side Pass, the Right Side Pass with Underarm Turn, and the Basic Whip. No partner necessary. Course instructed by Bruce Gillooly. Class Fee: \$35
 #32948 Jan 5-26 W 9:00-10:00pm
 #32949 Feb 2-23 W 9:00-10:00pm
 #32950 Mar 2-23 W 9:00-10:00pm
 #32951 Apr 6-27 W 9:00-10:00pm

Social Programs continued next page —

Social Programs continued —

Dance - Raleigh International Folk Dancers

Location: Glen Eden Park

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. Memberships dues are 75¢/person/meeting. No registration necessary.

#33087	Jan 7-28	F	6:00-10:30pm
#33088	Feb 4-25	F	6:00-10:30pm
#33089	Mar 4-25	F	6:00-10:30pm
#33090	Apr 1-22	F	6:00-10:30pm

Games Galore Game Day

Location: Worthdale Community Center

Age: 18yrs and up. Do you enjoy the thrill of playing your favorite board or card game such as chess, checkers, dominoes, backgammon, or spades. Join other board and card game enthusiasts as they meet weekly for a little fun competition. Class Fee: \$0

#32792	Jan 10-May 11	M,W	11:00am-2:00pm
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German Shepherd Dog Club

Location: Millbrook Exchange Community Ctr.
Age: 18yrs and up. The purpose of the club is the improvement of the German Shepherd Dog. See club president for more information. Class Fee: \$0

#30594	Jan 5	W	7:00-9:00pm
#30595	Feb 2	W	7:00-9:00pm
#30596	Mar 2	W	7:00-9:00pm
#30597	Apr 6	W	7:00-9:00pm

Job Fair

Location: Method Road Community Center

Age: 14yrs and up. If you are looking for part time, full time, permanent, or temporary work, than this Job Fair is for you.

Employers from the surrounding area accept applications and interview on the spot. Dress your best and bring your resume. This is the perfect opportunity to look for a job. Class Fee: \$0

#33246	Apr 1	F	3:30-7:30pm
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Money Management - Making of the Greens

Location: Ralph Campbell Community Center

Age: 16yrs and up. Need help in stretching your dollar from pay check to pay check. Join us for this money management class that will teach you how to better manage your finances. Class Fee: \$0

#33086	Mar 19	Sa	2:00-3:00pm
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Music - Coffee Shop

Location: Carolina Pines Community Center

Age: 18yrs and up. Poetry, hip-hop, rap, and R&B songwriters of all levels are welcome. Live recordings of a player's performance can be arranged at the end of the night, and an Open-mic night won't be right without a battle! Class will not meet on January 17. Class Fee: \$0

#32263	Jan 11-Apr 26	T	8:00-9:30pm
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New Community Choir

Location: Worthdale Community Center

Age: 18yrs and up. Come join other choir enthusiasts for musical fun and fellowship as they meet once a week to create wonderful melodies. Class Fee: \$0

#32530	Jan 11-May 10	T	6:00-9:00pm
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Ole School Jam

Location: Carolina Pines Community Center

Age: 18yrs and up. Join us as we take it back to the 'ole school' with this dance just for adults featuring music from the 70's and 80's. Pull out the afros, ponytails, platform shoes, and bellbottoms to compete in the 'Best Dressed Contest'. Class Fee: \$6

#32805	Apr 22	F	7:00-11:00pm
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Raleigh - Durham Radio Club

Location: Millbrook Exchange Community Ctr.

Age: 18yrs and up. This club meets to promote the different aspects of radio controlled model air craft. See Club president for more information. Class Fee: \$0

#30586	Jan 26	W	7:00-9:00pm
#30587	Feb 23	W	7:00-9:00pm
#30588	Mar 23	W	7:00-9:00pm
#30589	Apr 27	W	7:00-9:00pm

Seniors Club - Laurel Hills

Location: Laurel Hills Community Center

Age: 55yrs and up. Join the Laurel Hills Senior Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime! Class Fee: \$0

#31356	Jan 4-Apr 26	T	10:00am-12:30pm
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Sertoma Arts Center Clubs

All Ages. Anyone interested is always welcome to visit one of our many clubs that meet regularly at Sertoma Arts Center. Please see club leaders for information on dues. Class Fee: see club leader for fee information

Capital City Camera Club	1st/3rd M	7:45pm
Cardinal Singers	Th	9:15pm
Casablanca Orchestra	T	6:00pm
Portrait Painters	T	9:00am
Plays for Living	call center for info	
Raleigh Miniatures Guild	1st/3rd Th	1:00pm
Sertoma Parks Artists	Th	9:00am
Sertoma Writers Club	1st Su	1:30pm
Triangle Bonsai Society	1st/3rd Su	1:30pm

Tarheel Triangle Cat Fancier

Location: Millbrook Exchange Community Ctr.

Age: 18yrs and up. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats. Members discuss topics that help enhance their knowledge of cats. See club leader for more information. Class Fee: \$0

#30590	Jan 12	W	6:30-8:30pm
#30591	Feb 9	W	6:30-8:30pm
#30592	Mar 9	W	6:30-8:30pm
#30593	Apr 13	W	6:30-8:30pm

Senior**Ballroom Dance - Wednesday Club**

Location: Pullen Community Center

Age: 55yrs and up. Dance to the music

of different live bands every Wednesday evening. Weekly Admission.

#32014	Jan 5-May 4	W	8:00-10:30pm
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Bingo

Location: Pullen Community Center

Age: 55yrs and up. Enjoy two hours of Bingo every 2nd and 4th Wednesday of the month. \$1 for 3 cards.

#30493	Jan 12-Apr 27	W	2:00-4:00pm
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Bingo - Carriage House

Age: 55yrs and up. Carriage House is located at 116 St. Mary's Street. This facility offers Bingo to senior adults. For more information on this program, please call 831-6851. Class Fee: \$0

#32135	Jan 3-Apr 25	M	1:30-3:00pm
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Bingo - Glenwood Towers

Age: 55yrs and up. This program is offered at Glenwood Towers, which is located at 509 Glenwood Avenue. For more information on this program, please call 831-6851. Class Fee: \$0

#32134	Jan 5-Apr 27	W	1:30-3:00pm
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Bingo at Green Road for Seniors

Location: Green Road Community Center

Age: 55yrs and up. Join us on Tuesdays for a fun-filled morning of bingo. Cost \$1 for 3 cards.

#31906	Jan 4-25	T	9:30-11:30am
#31907	Feb 1-22	T	9:30-11:30am
#31908	Mar 1-29	T	9:30-11:30am
#31909	Apr 5-26	T	9:30-11:30am

Bingo Bonanza

Location: Millbrook Exchange Community Ctr.

Age: 55yrs and up. Enjoy two hours of Bingo every Friday of the month. Bring a lunch! Cost is \$1 for 3 cards. There will be no Bingo on March 25. Class Fee: \$0

#30599	Jan 7-28	F	9:30-11:30am
#30600	Feb 4-25	F	9:30-11:30am
#30601	Mar 4-25	F	9:30-11:30am
#30602	Apr 1-29	F	9:30-11:30am

Bingo for Seniors

Location: Lions Park Community Center

Age: 55yrs and up. Calling all BINGO lovers. Join us for an exciting morning of bingo with lots of fun and laughs. Cost \$1 for 2 cards.

#31826	Jan 6-27	Th	11:00am-12:30pm
#31830	Feb 10-Mar 3	Th	11:00am-12:30pm
#31832	Mar 3-24	Th	11:00am-12:30pm
#31833	Apr 7-28	Th	11:00am-12:30pm

Book Club for Seniors at Green Road

Location: Green Road Community Center

Age: 55yrs and up. Join the Green Road Library staff at the Green Road Community Center on the third Thursday of each month to discuss the book selection of the month.

#31910	Jan 20	Th	10:00-11:30am
#31911	Feb 17	Th	10:00-11:30am
#31912	Mar 17	Th	10:00-11:30am
#31913	Apr 21	Th	10:00-11:30am

Bridge - Senior's Club

Location: Jaycee Community Center

Age: 55yrs and up. Join this Senior's Club Bridge group as they meet weekly in a fun

If bread is the necessity of life, recreation is a close second. Edward Bellamy

relaxed atmosphere to enjoy the game of Bridge. Some experience is necessary. Class Fee: \$0

#33025	Jan 5-26	W	9:00am-1:00pm
#33026	Feb 2-23	W	9:00am-1:00pm
#33027	Mar 2-30	W	9:00am-1:00pm
#33028	Apr 6-27	W	9:00am-1:00pm

Bridge Tournament

Location: Pullen Community Center
Age: 55yrs and up. Partners required. Enjoy two days of bridge playing in a tournament.
Class Fee: \$5

#30494	Jan 20-21	Th-F	1:30-4:30pm
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Card Night for Adults

Location: Millbrook Exchange Community Ctr.
Age: 55yrs and up. Want a place to play cards? Come out to Millbrook and play a hand of cards and socialize with friends.
Class will not meet on March 25. Class Fee: \$0

#30603	Jan 7-Apr 29	F	7:00-9:00pm
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Golden Kiwanis Club

Location: Pullen Community Center
Age: 55yrs and up. Kiwanis, an Indian word meaning We Build is a club interested in members who are retired from their main occupation and who would like to continue serving and expressing themselves in public affairs in Raleigh and adjoining areas.
Annual dues are required.

#30956	Jan 6-Apr 28	Th	10:00-11:00am
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Golden Years Club

Location: Pullen Community Center
Age: 55yrs and up. This club is one of the 44 clubs in Raleigh, and the members meet every Wednesday. Activities include bridge and other card games; luncheons, and special events. We welcome new members.
Annual dues are \$12.

#30957	Jan 5-Apr 27	W	9:30-10:30am
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Senior Bingo

Location: Roberts Park Community Center
Age: 55yrs and up. Spell B-I-N-G-O horizontally, vertically or diagonally and win great prizes. Cost is \$2 for 3 cards. Class Fee: \$2

#32705	Feb 9	W	11:00am-12:30pm
#32706	Mar 9	W	11:00am-12:30pm
#32707	Apr 13	W	11:00am-12:30pm

Senior Citizens Club

Location: Roberts Park Community Center
Age: 55yrs and up. A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, special events and more.

#32671	Jan 5-26	W	10:30am-12:00pm
#32672	Feb 2-23	W	10:30am-12:00pm
#32673	Mar 2-23	W	10:30am-12:00pm
#32674	Apr 6-27	W	10:30am-12:00pm

Senior Club - Art of Happiness

Location: Ralph Campbell Community Center
Age: 55yrs and up. Join other Seniors for a

variety of activities including lunches, shopping, visiting rest home residents, movies, celebrations of birthdays, arts and crafts, fun and field trips. Class Fee: \$0

#32768	Jan 6-May 5	Th	10:30am-12:00pm
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Senior Club - Carolina Pines

Location: Carolina Pines Community Center
Age: 55yrs and up. Join this group of Seniors as they meet twice per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home cooked meals, restaurant visits, tours and anything else we plan to do. Dues \$10 per year. Class Fee: \$0

#32386	Jan 5-May 4	W	10:30am-12:00pm
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Senior Friends at Lake Lynn

Location: Lake Lynn Community Center
Age: 55yrs and up. Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site. Class Fee: \$0

#32734	Jan 4-Apr 26	T	9:30am-12:00pm
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Seniors - Friendship Club

Location: Walnut Terrace Community Center
Age: 50yrs and up. Designed for the young-at-heart. Activities include arts and crafts, ceramics, field trips, community service projects, guest speakers, bible study and good ole-fashion fun and fellowship. Class Fee: \$0

#32044	Jan 5-26	W	10:30am-2:00pm
#32045	Feb 2-23	W	10:30am-2:00pm
#32046	Mar 2-30	W	10:30am-2:00pm
#32047	Apr 6-27	W	10:30am-2:00pm

Seniors - Gamesters

Location: Lake Lynn Community Center
Age: 55yrs and up. Our seniors at Lake Lynn know how to have fun. They love their sports, games, ping pong and cards. The fun group of seniors meets monthly on Tuesdays, 6:00pm-8:00pm January through April. Come join them. Class Fee: \$0

#32498	Jan 4-Apr 26	T	6:00-10:00pm
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Singing - Carriage House

Age: 55yrs and up. Carriage House is located at 116 St. Mary's Street. This facility offers singing for senior adults. For more information on this program, please call 831-6851.
Class Fee: \$0

#32173	Jan 3-Apr 25	M	3:00-4:00pm
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Singing - Joyful Chorus

Location: Pullen Community Center
Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at

Pullen Community Center. Class Fee: \$0

#30504	Jan 10-Apr 25	M	10:00-11:00am
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Family

Carrot Carnival

Location: Optimist Community Center
Age: 9mths-10yrs. Join us for this holiday treat that takes place immediately before the Optimist Center Egg Hunt. Children ages 6 months to 10 years will be entertained with crafts, games, entertainment, a magic show, and just maybe, a visit from Peter Cottontail. All activities take place in the Optimist Center Gymnasium from 10am-11am just before the big Egg Hunt. Rain Date is scheduled for April 4. Class Fee:

#32550	Mar 19	Sa	10:00-11:00am
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Drum Circles

Location: Lake Johnson
Age: 6yrs and up. Drum circles are a growing phenomenon across the U.S. and have been likened to 'rhythm parties' at which no musical expertise is necessary to join in the fun. No experience is necessary. Loaner drums are usually available — feel free to drop by and sit in. Everyone has something to offer the circle and all are welcome. Drum circles meet every 1st and 3rd Monday of the month. Class Fee: \$2

#31986	Jan 3-May 2	M	7:00-9:00pm
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Fun Family Game Night

Location: Lions Park Community Center
Age: 4yrs and up. A special night out for families to participate in a number of fun activities with other families. We will register three to six families to participate in activities such as: free throw shooting, soccer kick, relay race, football throw, etc. Class Fee: \$20

#32273	Mar 31	Th	6:00-8:00pm
#32274	Apr 21	Th	6:00-8:00pm

Game Night

Location: Carolina Pines Community Center
Age: 7yrs and up. Got games? We Do! On select Fridays this spring bring out the whole family for an evening of board games. Participants will have the opportunity to play each other or families. Class Fee: \$0

#32299	Jan 28	F	6:00-8:00pm
#32300	Feb 25	F	6:00-8:00pm
#32301	Mar 18	F	6:00-8:00pm
#32302	Apr 29	F	6:00-8:00pm

History of Method (Town Within A City)

Location: Method Road Community Center
Age: 6yrs and up. Learn about one of the oldest (Founded in 1870) and by far the most historic community in Wake county. People who lived the history and Method historians will speak on a community that

History of Method continued next page —

History of Method continued —

was founded upon, and is dignified by the vision, faith, handiwork, and dedication of its founders and those who followed in their footsteps. Displays will be set up. Refreshments will be served. Class Fee: \$0
#33150 Feb 8 T 7:00-8:30pm

Martin Luther King Salute

Location: Ralph Campbell Community Center
Age: 5yrs and up. A salute to Martin Luther King Jr.. The program will include readings, speeches, video and refreshments. We will have a March against drugs and violence.
Class Fee: \$0
#32766 Jan 15 Sa 2:00-3:00pm

Movie Nights

Location: Carolina Pines Community Center
Age: 8yrs and up. Treat the whole family to a movie and best of all it's free! Call ahead for movie title. Class Fee: \$0
#32310 Jan 14 F 7:00-8:30pm
#32311 Feb 11 F 6:30-9:00pm
#32312 Mar 11 F 7:00-8:30pm
#32313 Apr 8 F 6:30-8:30pm

Spring Fest/Fiesta de Primavera

Location: Peach Road
Age: 1yrs and up. Come join us for a spring welcoming celebration. Enjoy plenty of fun activities, games, music, free food and prices. Learn about the different agencies and programs available in our community. This event is offered in conjunction with the City of Raleigh Community Services Department. Class Fee: \$0
#32803 Apr 2 Sa 10:00am-2:00pm

Specialized Recreation

Youth

Arts & Crafts

Location: Pullen Arts Center
Age: 8-12yrs. Come experience the fun of arts & crafts in a new way. We'll explore working with various materials to create projects related to various themes. Bring your creativity! For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$35
#30883 Jan 19-Feb 9 W 4:30-5:30pm

Buddy Basketball

Location: Method Road Community Center
Age: 4-16yrs. Buddy Basketball is for youth with developmental and/or physical disabilities. This program is an instructional basketball program directed by parents to teach introductory basketball skills. Patron will develop dribbling, passing, shooting skills and be introduced to beginner team play. Teams will be formed upon completion of registration. Siblings are also allowed to join this program. Trophies are awarded at

the end of the program. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$15
#30704 Jan 22-Mar 12 Sa 9:30-11:00am

Buddy Softball

Location: TBD
Age: 4-16yrs. Buddy Softball is for youth with developmental and/or physical disabilities. This program is an instructional softball program directed by parents to teach introductory softball skills. Patron will develop catching, throwing, batting skills and be introduced to beginner team play. Teams will be formed upon completion of registration. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$15
#30722 Apr 2-May 21 Sa 9:30-11:00am

Parents Nite Out

Location: Millbrook Exchange Community Ctr.
Age: 6-16yrs. Parents, drop off your kids with us and enjoy some time to yourself! Pizza dinner, games and a movie will be provided in a safe and fun-filled environment. Youth will be divided into groups based on age. Registration two weeks prior to the date is required. Siblings may also register. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$15
#30884 Mar 11 F 6:00-9:00pm

School Vacation Recreation

Location: Departing from Jaycee Park
Age: 6-16yrs. Come spend your teacher work days with us! Participants will enjoy a day of fun with their peers. We will participate in a variety of recreational activities and field trips. Participants will be divided into groups according to age. Some activities may require an additional fee, which will be collected upon drop off. Participants should bring 2 snacks and a lunch. Participants must be able to function independently on a 1:4 ratio. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$20
#30879 Feb 18 F 8:00am-5:00pm
#30880 Feb 21 M 8:00am-5:00pm
#30881 Mar 11 F 8:00am-5:00pm
#30882 Apr 22 F 8:00am-5:00pm

Youth Club Meeting & Pizza Party

Location: Method Road Pioneer Building
Age: 12-21yrs. This club is designed for individuals in middle school or high school, with developmental and/or physical disabilities who can function independently on a 1:4 ratio. The club meets at least one time per month for recreation, leisure, social and community interest activities. An array of activities ranging from movies, dinner, local sporting events, overnight trips, etc. will be decided on by the club members. The focus of the club is to perpetuate friendships and leisure awareness through increased social activity. For those adults 17-21 that are still

in school, you have the choice of participating in either Youth Club or Adult Club. Due to limited space you will not be allowed to participate in both clubs' activities. If you are not sure which club to sign up for please contact the instructor. Cost and registration will be individual for each activity. Anyone interested should contact Jennifer Tabery at 831-6640, ext. 6848 for more information. Class Fee: \$6.50
#30781 Jan 25 T 6:00-8:00pm

Youth Recreational Bowling

Age: 6-16yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 18 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$40
AMF Capital
#31763 Feb 5-Apr 9 Sa 12:00-1:30pm
AMF South Hills
#31764 Jan 15-Mar 5 Sa 12:00-1:30pm

Teen

SELF Afterschool Program

Location: Millbrook Exchange Community Ctr.
Age: 12-16yrs. The SELF afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional school calendar. The program will not meet on early dismissal days, dismissal due to inclement weather, holidays, or teacher work days. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Must provide own transportation. Please contact Jennifer Tabery at 831-6640 for registration and eligibility information. Class Fee:

#30749	Jan 4-7	T-F	3:00-6:00pm
#30750	Jan 10-14	M-F	3:00-6:00pm
#30751	Jan 18-21	T-F	3:00-6:00pm
#30752	Jan 24-28	M-F	3:00-6:00pm
#30753	Jan 31-Feb 4	M-F	3:00-6:00pm
#30754	Feb 7-11	M-F	3:00-6:00pm
#30755	Feb 14-17	M-Th	3:00-6:00pm
#30756	Feb 22-25	T-F	3:00-6:00pm
#30757	Feb 28-Mar 4	M-F	3:00-6:00pm
#30758	Mar 7-10	M-Th	3:00-6:00pm
#30759	Mar 14-18	M-F	3:00-6:00pm
#30760	Mar 29-Apr 1	T-F	3:00-6:00pm
#30761	Apr 4-8	M-F	3:00-6:00pm
#30762	Apr 11-15	M-W,F	3:00-6:00pm
#30763	Apr 18-21	M-Th	3:00-6:00pm
#30764	Apr 25-29	M-F	3:00-6:00pm
#30765	May 2-6	M-F	3:00-6:00pm
#30766	May 9-13	M-F	3:00-6:00pm
#30767	May 16-20	M-F	3:00-6:00pm
#30768	May 23-25	M-W	3:00-6:00pm

Valentines Dance

Location: Millbrook Exchange Community Ctr.
Age: 12yrs and up. The Raleigh Youth Council is sponsoring a very special dance for teens with special needs. Get ready to have a blast. There will be music, dancing, and refreshments. So, grab your special valentine or a friend and boogie on down to Millbrook Exchange Community Center. Participants should bring money for concessions. For more information, contact Jennifer Tabery, 831-6640, ext 6848. Class Fee: \$3
#31894 Feb 12 Sa 7:00-10:00pm

Adult

Adult Recreational Bowling

Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 18 games of bowling and shoe rental. There will be no bowling on March 26. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee:

AMF Capital Lanes

#31765 Feb 5-Apr 9 Sa 10:00am-12:00pm

AMF South Hills

#31766 Jan 15-Mar 5 Sa 10:00am-12:00pm

Basic Cooking Class

Location: Jaycee Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come and learn how to plan a menu and cook a meal for you and your friends. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$50
#32205 Jan 25-Feb 22 T 6:00-7:30pm

Cruise to the Western Caribbean

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Relax and kick your feet up on a 7 night, 8 day Western Caribbean Cruise. We will be leaving out of Port Canaveral, FL, going to Labadee, Hispaniola; Ocho Rios, Jamaica; George Town, Grand Cayman; Cozumel, Mexico; and back to Port Canaveral. Price includes your cabin (4 single beds), port charges and taxes, gratuities, insurance and coach (to FL), food and drinks. Cost is tentative and will be dependent on number of participants that attend. Cost will not exceed \$1,000. Deposit is required to reserve your spot on the trip and allow you to participate in fundraising opportunities. The total cost for the trip is to be paid by July 15, 2005. For

more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$150
#32206 Feb 25 F 8:30am-5:15pm

Dinner and a Show

Age: 17yrs and up. Enjoy a dinner and a theatre play with your friends. The group will enjoy a dinner at a local restaurant followed by a play at the Raleigh Little Theatre. The restaurant will be decided on by staff prior to the show. This program is designed for adults with developmental and/or physical disabilities who can function on a 1 to 4 ratio. Participants with a one-on-one are welcome, please contact Carmen Rayfield at 831-6640 ext. 6845. Participants will be responsible for the cost of their dinner approximating at \$10, transportation and ticket included in the class fee. Trip will leave from the Wade Avenue Administrative Office Bldg. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$5
Blue

#32468 Feb 9 W 6:30-10:00pm

Cat, Fish, and Moon

#32616 Apr 6 W 6:30-10:00pm

Dragon and Wildcats Adult Social Club

Location: Jaycee Community Center

Age: 17yrs and up. This club is for adults with developmental and/or physical disabilities who can function independently on a 4 to 1 ratio or for individuals that have a one-on-one assistance. The club meets at least 1 time a month for a variety of recreation, leisure, community and social activities that are suggested and decided on by the club members. Members will determine the activities, schedule, etc., ranging from movies, dinner, local sports events, to an overnight trip, fundraising and much more. The focus of the club is to provide community awareness, increase social activities and interests along with developing and enhancing friendships and a sense of belonging. For those adults 17-21 that are still in school you have the choice of participating in either Youth Club or Adult Club. Due to limited space you will not be allowed to participate in both clubs activities. If you are not sure which club to sign up for please contact the instructor. Fee for this meeting is established to cover the cost of a dinner provided at the meeting, it is not a membership fee. If you are already a member you must register to attend the meeting. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$6.50
#32207 Jan 28 F 6:00-8:00pm

Holiday Arts/Crafts

Location: Pullen Arts Center

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. This program will provide an opportunity to work with your hands making a variety of art gifts for you or family members which may include: pottery, ceramics, bead work, woodwork, painting and/or stenciling. Great holiday gift ideas.

There is no one-on-one assistance provided for individuals by our staff for this program. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$40
#32209 Mar 2-23 W 6:00-7:00pm

Intermediate/Advance Cooking Skills

Location: Jaycee Community Center

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. This class will have hands on cooking for each participant making meals with a variety of ingredients and spices including how to cook a meal from scratch including: main course, vegetable, starch and a dessert. Program will consist of planning a menu, reading a recipe, measuring ingredients and preparation of the meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. For more information contact Carmen Rayfield, 831-6640 ext 6845. Class Fee: \$50
#32221 Mar 30-Apr 27 W 5:30-7:00pm

Scrapbooking for Adults

Location: Pullen Arts Center

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us to work on ongoing photo album projects. You can purchase a photo album the first day of the class for an additional cost. For prices call Carmen Rayfield 831-6640 ext 6845. Class Fee: \$20
#32204 Feb 3-24 Th 6:00-7:30pm

Family

Instructional Swim

Age: 3yrs and up. Classes are designed to serve the aquatic interest of individuals who are developmentally disabled (EMD, TMD, SMD, MU, or autistic) or physically impaired. The focus is placed on aquatic therapy, exercise, swim skills, recreation, and water adjustment skills. Individual goals are set for participants in order to meet specific ability levels. Classes are instructed on an individual basis and small group (1:1 or 1:2) basis depending on specific needs of the participants. Use of the therapy pool at Pullen Aquatic Center will be limited to those with the physical requirement of warm water. Lap lanes will not be available for this course. For more information, contact Stephanie Stancil at 831-6640, ext 6849.

Optimist Pool

#30726 Jan 11-Feb 3 T,Th 4:00-4:30pm

#30727 Jan 11-Feb 3 T,Th 4:45-5:15pm

#30728 Jan 11-Feb 3 T,Th 5:30-6:00pm

Pullen Aquatic Center

#30723 Feb 15-Mar 10 T,Th 4:00-4:30pm

#30724 Feb 15-Mar 10 T,Th 4:45-5:15pm

#30725 Feb 15-Mar 10 T,Th 5:30-6:00pm

Preschool

All Sport - Kinder Sport Lunch Bunch

Location: Jaycee Community Center
Age: 4-6yrs. Bring a lunch and have a picnic with us! And then, RELEASE some ENERGY! A variety of sports are taught depending on the weather and class level including kickball, t-ball, football, soccer, or hockey.

Class Fee: \$32
#33016 Jan 5-26 W 12:30-2:00pm
#33017 Feb 2-23 W 12:30-2:00pm
#33018 Mar 2-23 W 12:30-2:00pm
#33019 Apr 6-27 W 12:30-2:00pm

Baseball - Kinder T-Ball

Location: Jaycee Community Center
Age: 4-6yrs. Let's play ball! Come learn about batting, fielding, and base running in a noncompetitive setting. Class Fee: \$28
#33049 Apr 7-28 Th 1:00-1:45pm
#33050 Apr 7-28 Th 4:00-4:45pm

Baseball - Little Sluggers

Location: Millbrook Exchange Community Ctr.
Age: 4-5yrs. Crack! It's going, going...gone! For the young baseball enthusiasts wanting to learn about the game and prepare for their first years of playing Class Fee: \$30
#30697 Mar 10-31 Th 5:30-6:15pm
#30698 Apr 7-28 Th 5:30-6:15pm

Basketball - KidsHoops

Location: Green Road Community Center
Age: 3-5yrs. Let's shoot some hoops! Skills and teamwork of basketball are taught to the younger crowd. Drills, demonstrations, and games are used to get you in the game! Class Fee: \$28
#31445 Jan 14-Feb 4 F 2:15-3:00pm

Basketball - Kinder Basketball

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$28
#33041 Jan 6-27 Th 1:00-1:45pm

Basketball - Little Dribblers

Location: Millbrook Exchange Community Ctr.
Age: 4-5yrs. For the young basketball enthusiasts wanting to learn about the game and prepare for their first years on the court. Class Fee: \$30
#30699 Mar 9-30 W 6:15-7:00pm
#30700 Apr 6-27 W 6:15-7:00pm

Basketball - Not So Short Shooters

Location: Laurel Hills Community Center
Age: 3-5yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$32
#31566 Jan 4-25 T 4:15-5:00pm
#31567 Feb 1-22 T 4:15-5:00pm

Football - Little Linebackers

Location: Millbrook Exchange Community Ctr.
Age: 4-5yrs. Hut one, hut two... hike! Go long! Touchdown! This class is for the young football enthusiasts wanting to learn about the game and prepare for their first years on the gridiron. Class Fee: \$30
#30720 Mar 7-28 M 5:30-6:15pm
#30721 Apr 4-25 M 5:30-6:15pm

Golf - Kinder Golf I

Location: Jaycee Community Center
Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed. No class March 24. Class Fee: \$28.
#33047 Mar 3-31 Th 1:00-1:45pm

Hockey - Kinder Indoor Hockey

Location: Jaycee Community Center
Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game. Class Fee: \$28
#33046 Feb 3-24 Th 1:00-1:45pm

Soccer - Kidsoccer

Location: Green Road Community Center
Age: 3-5yrs. Goal! Want to learn the basics of soccer? Then come on out. Soccer skills taught and teamwork emphasized. Class Fee: \$28
#31451 Feb 18-Mar 11 F 2:15-3:00pm

Soccer - Kinder Soccer

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$28
#33052 Apr 4-25 M 1:00-1:45pm

Soccer - Little Kickers at Laurel Hills

Location: Laurel Hills Community Center
Age: 3-5yrs. A recreational soccer program that includes drills such as passing, dribbling, and shooting that are designed to develop hand/eye/foot coordination as well as confidence in a fun, noncompetitive atmosphere. Class Fee: \$32
#31556 Jan 5-26 W 4:15-5:00pm
#31557 Feb 2-23 W 4:15-5:00pm
#31558 Mar 2-30 W 4:15-5:00pm
#31559 Apr 6-27 W 4:15-5:00pm
#31560 Jan 8-29 Sa 12:15-1:00pm
#31561 Feb 5-26 Sa 12:15-1:00pm
#31562 Mar 5-26 Sa 12:15-1:00pm
#31563 Apr 2-23 Sa 12:15-1:00pm

Soccer - Little Kickers at Millbrook

Location: Millbrook Exchange Community Ctr.
Age: 4-5yrs. For the young soccer enthusiasts wanting to learn about the game and prepare for their first years on the field. Class Fee: \$30
#30703 Mar 12-Apr 2 Sa 1:30-2:15pm
#30705 Apr 9-30 Sa 1:30-2:15pm

Sports for Kids

Location: Green Road Community Center
Age: 3-5yrs. Want to try several sports? Sports for Kids lets you experience four

different games. Sports could include baseball, soccer, basketball, hockey or many others. Class Fee: \$28

#31424 Apr 8-29 F 2:15-3:00pm
#31425 Jan 6-27 Th 5:30-6:30pm

T-Ball - Little Sluggers

Location: Laurel Hills Community Center
Age: 3-5yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, noncompetitive atmosphere. Class Fee: \$32
#31564 Mar 1-29 T 4:15-5:00pm
#31565 Apr 5-26 T 4:15-5:00pm

Terrific Threes

Location: Jaycee Community Center
Age: 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a noncompetitive format. Class Fee: \$28
#33030 Jan 10-31 M 1:00-1:30pm
#33034 Jan 4-25 T 1:00-1:30pm
#33035 Feb 7-28 M 1:00-1:30pm
#33036 Feb 8-22 T 1:00-1:30pm
#33091 Mar 7-28 M 1:00-1:30pm
#33092 Mar 8-29 T 1:00-1:30pm
#33095 Apr 5-26 T 1:00-1:30pm

Volleyball - Kinder Volleyball

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Volleyball focuses on skills such as passing, hand-eye coordination, serving, and ball control. Class Fee: \$28
#33102 Feb 2-23 W 11:00-11:45am
#33103 Mar 2-23 W 11:00-11:45am

Youth

Badminton - Kinder Badminton

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Badminton focuses on skills such as racquet control, serving, grip, and racquet-birdie contact. Class Fee: \$28
#33108 Apr 6-27 W 11:00-11:45am
#33110 Apr 8-29 F 11:00-11:45am

Baseball - Diamond Kids

Location: Green Road Community Center
Age: 3-5yrs. Dust off those bats and gloves—it's baseball time! The skills of baseball taught with drills, demonstrations, and lots of teamwork! Class Fee: \$28
#31437 Apr 7-28 Th 5:30-6:30pm

Baseball Fundamentals

Location: Millbrook Exchange Community Ctr.
Age: 6-9yrs. Come out and practice baseball fundamentals. Practice running bases, hitting, field position, and pitching. Class Fee: \$30
#30711 Mar 7-28 M 7:00-7:45pm

Basketball - Fun Buckets

Location: Green Road Community Center
Age: 3-5yrs. Want to learn how to dribble,

Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way. from the poem of Kathy O. Keffee

pass and shoot a basketball? Join us and learn the skills and fundamentals needed to play basketball. Class Fee: \$28
#31434 Feb 3-24 Th 5:30-6:30pm

Basketball - Networks Drills & Thrills

Location: Green Road Community Center
Age: 7-13yrs. Basketball success begins with individual skills. Young players want to have fun and get better. Our Networks staff is dedicated in helping players realize their potential while improving their fundamental skills through hard work, encouragement and a commitment to excellence. The Drills & Thrills Single Day Clinic is an opportunity for young players to have fun and get better in a safe, structured enjoyable learning environment. Please join the Networks staff for a day of instruction, fun skills contests and competitive game situations. Early drop off is available starting at 8:00am and late pick-up is available until 5:00pm. Class Fee: \$35
#31506 Feb 21 M 9:00am-4:00pm

Basketball - Networks Drills + Thrills

Location: Millbrook Exchange Community Ctr.
Age: 9-13yrs. Basketball success begins with individual skills. Young players want to have fun and get better. Our Networks staff is dedicated to helping players realize their potential while improving their fundamental skills through hard work, encouragement and a commitment to excellence. The Drills & Thrills Single Day Clinic is an opportunity for young players to have fun and get better in a safe, structured enjoyable learning environment. Please join the Networks staff for a day of instruction, fun skills contests and competitive game situations. Early drop off is available starting at 8:00am and late pick-up is available until 5:00pm. Class Fee: \$35
#31189 Feb 21 M 9:00am-5:00pm
#31190 Apr 22 F 9:00am-5:00pm

Basketball - Spring Break Camp

Location: Laurel Hills Community Center
Age: 7-13yrs. Spend your spring break at a basketball camp that features fast paced fundamentals and enjoyable situational play. Improve your skills, get your game on and have a lot of FUN! Instruction by NetWorks. Campers should bring two snacks and lunch each day. The program hours are from 9:00am-5:00pm, with early drop off at 8:00am and late pick up by 5:30pm. Class Fee: \$108
#32043 Mar 21-24 M-Th 9:00am-5:00pm

Basketball Skills

Location: Millbrook Exchange Community Ctr.
Age: 6-9yrs. Join us as we improve on our 'skills' and the fundamentals of basketball. Dribbling, passing, shooting, one-on-one,

offense, defense, and drills. Class Fee: \$30
#30710 Apr 4-25 M 6:30-7:15pm

Cheerleading for Beginners

Location: Method Road Community Center
Age: 7-9yrs. Beginning and intermediate future cheerleaders will learn new cheers, great moves and proper tumbling to put them well on their way to becoming great cheerleaders. First session ages 7-9 years. Second session ages 10-14 years. Class taught by former N.C.. State cheerleaders Tonya Blake and Jason Stewart. Class Fee: \$10
#33251 Mar 7-Apr 11 M 7:00-8:30pm
#33252 Apr 18-May 23 M 7:00-8:30pm

Dodge ball - Youth Co-Ed

Location: Lake Lynn Community Center
Age: 10-12yrs. You've seen the movie — now it's time to try out this sport. Exciting new game to test you quickness and agility. This 8 week class will introduce you to the rules and skills necessary to play the game of Dodge ball. Each session will contain 45 minutes of fundamentals and 45 minutes of game time. Class Fee: \$65
#32723 Apr 2-May 21 Sa 12:00-1:30pm
#32725 Apr 2-May 21 Sa 1:30-3:00pm

Girls Spring Break Basketball Clinic

Location: Method Road Community Center
Age: 10-14yrs. Come learn the fundamentals of basketball from experienced college athletes. Individual skills, games, competition drills and giveaways are just a few fun things going on for the week. Lunch will be served on the last day of the clinic. Class Fee: \$60
#33149 Mar 21-24 M-Th 7:30am-1:00pm

Soccer Goalies

Location: Green Road Community Center
Age: 5-6yrs. Soccer is gaining popularity fast! Come play with the big kids! Higher level soccer skills and lots of game play. Class Fee: \$28
#32052 Apr 5-26 T 5:30-6:30pm

Soccer Skills

Location: Millbrook Exchange Community Ctr.
Age: 6-9yrs. Come join to improve your child's soccer skills. This class will focus on the basic fundamentals of soccer: dribbling, passing, shooting, one-on-one, offense-defense, and drills. Class Fee: \$30
#30701 Mar 10-31 Th 6:30-7:15pm
#30702 Apr 7-28 Th 6:30-7:15pm

Soccerkids

Location: Green Road Community Center
Age: 3-5yrs. Goal! Want to learn the basics of soccer? Soccer skills taught and teamwork emphasized. No class will be held March 24. Class Fee: \$28
#31435 Mar 3-31 Th 5:30-6:30pm

Tennis Grand Prix Challenge Jr Ladder

Location: Millbrook Tennis Center
Age: 8-18yrs. Competitive ladder play for boys and girls. Participants play challenge matches for points. There will be singles and doubles ladders at Bronze, Silver and Gold playing levels. Players may join the ladders anytime during the first six weeks of the session. Players arrange their own match time and location. Class Fee: \$24

Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$24

Millbrook Tennis Center

#33160	Mar 7-23	M,W	4:30-5:00pm
#33161	Mar 7-23	M,W	5:00-5:30pm
#33162	Mar 8-24	T,Th	4:30-5:00pm
#33163	Mar 8-24	T,Th	5:00-5:30pm
#33164	Mar 12-Apr 16	Sa	11:00-11:30am
#33165	Mar 12-Apr 16	Sa	11:30am-12:00pm
#33241	Apr 4-20	M,W	4:30-5:00pm
#33242	Apr 4-20	M,W	5:00-5:30pm
#33243	Apr 5-21	T,Th	4:30-5:00pm
#33244	Apr 5-21	T,Th	5:00-5:30pm

Lake Lynn Community Center

#33167	Mar 8-24	T,Th	5:00-5:30pm
#33168	Mar 8-24	T,Th	5:30-6:00pm
#33317	Apr 5-21	T,Th	5:00-5:30pm
#33318	Apr 5-21	T,Th	5:30-6:00pm

Pullen Park Tennis Courts

#33169	Mar 8-24	T,Th	5:30am-6:00pm
#33319	Apr 5-21	T,Th	5:30-6:00pm

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$48

Millbrook Tennis Center

#33170	Mar 7-23	M,W	4:00-5:00pm
#33171	Mar 8-24	T,Th	5:00-6:00pm
#33178	Mar 12-Apr 16	Sa	9:00-10:00am
#33228	Apr 4-20	M,W	4:00-5:00pm
#33229	Apr 5-21	T,Th	5:00-6:00pm

Lake Lynn Community Center

#33172	Mar 7-23	M,W	4:00-5:00pm
#33230	Apr 4-20	M,W	4:00-5:00pm

Pullen Park Tennis Courts

#33173	Mar 7-23	M,W	4:00-5:00pm
#33231	Apr 4-20	M,W	4:00-5:00pm

Tennis Jr Level 2

Age: 8-18yrs. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while

Tennis Jr. Level 2 continued next page —

playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$48

Millbrook Tennis Center

#33174	Mar 7-23	M,W	4:00-5:00pm
#33175	Mar 8-24	T,Th	5:00-6:00pm
#33179	Mar 12-Apr 16	Sa	10:00-11:00am
#33232	Apr 4-20	M,W	4:00-5:00pm
#33233	Apr 5-21	T,Th	5:00-6:00pm

Lake Lynn Community Center

#33176	Mar 7-23	M,W	5:00-6:00pm
#33234	Apr 4-20	M,W	5:00-6:00pm

Pullen Park Tennis Courts

#33177	Mar 7-23	M,W	5:00-6:00pm
#33235	Apr 4-20	M,W	5:00-6:00pm

Tennis Jr Level 3

Location: Millbrook Tennis Center

Age: 8-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$48

#33180	Mar 7-23	M,W	5:00-6:00pm
#33181	Mar 8-24	T,Th	4:00-5:00pm
#33182	Mar 12-Apr 16	Sa	11:00am-12:00pm
#33236	Apr 4-20	M,W	5:00-6:00pm
#33237	Apr 5-21	T,Th	4:00-5:00pm

Tennis Jr Level 4

Location: Millbrook Tennis Center

Age: 10-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$48

#33184	Mar 8-24	T,Th	4:00-5:00pm
#33185	Mar 12-Apr 16	Sa	12:00-1:00pm
#33239	Apr 5-21	T,Th	4:00-5:00pm

Tennis Jr Level 5 - Advanced Drills

Location: Millbrook Tennis Center

Age: 10-18yrs. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$48

#33370	Mar 7-23	M,W	5:00-6:00pm
#33371	Apr 4-20	M,W	5:00-6:00pm

Tennis Jr Match Play

Location: Millbrook Tennis Center

Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$24

#33206	Mar 11-25	F	4:00-6:00pm
#33240	Apr 8-22	F	4:00-6:00pm

Tennis Jr Private Coaching

Location: Millbrook Tennis Center

Age: All Ages. Schedule your own private coaching session with one of our 5 certified Tennis Pros. Schedule 1/2 hour or one hour with just you or a group at Millbrook Exchange or at any other city owned court. To schedule, call Millbrook at 872-4128. Class Fee: \$35

Tennis NJTL After School Program

Location: Millbrook Tennis Center

Age: 6-18yrs. For kids who want to learn or improve their tennis game, come get an introduction to this lifelong sport. The Raleigh chapter of the National Junior Tennis League is part of a nationwide program sponsored by the United States Tennis Association. Class Fee: \$15

Volleyball for Youth

Location: Laurel Hills Community Center

Age: 11-15yrs. A four week program for boys and girls to introduce the basic skills of volleyball. The first part of each session will be instruction and drills for practice, followed by game play. Class Fee: \$40

#32030	Mar 3-31	Th	6:30-8:00pm
#32031	Apr 7-28	Th	6:30-8:00pm

Adult**Basketball - Womens Open-Play**

Location: Halifax Community Center

Age: 16yrs and up. This is a day set aside twice a month just for women to come out and enjoy the gym facilities. Class Fee: \$32088 Jan 8-Feb 12 Sa 1:00-3:00pm

Tennis Adult Level 1

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$48

Millbrook Tennis Center

#33186	Mar 7-23	M,W	6:00-7:00pm
#33187	Mar 8-24	T,Th	7:00-8:00pm
#33188	Mar 12-Apr 16	Sa	9:00-10:00am
#33213	Apr 4-20	M,W	6:00-7:00pm
#33214	Apr 5-21	T,Th	7:00-8:00pm
#33407	Mar 7-23	M,W	10:00-11:00am
#33408	Mar 8-24	T,Th	11:00am-12:00pm

Lake Lynn Community Center

#33189	Mar 7-23	M,W	6:00-7:00pm
#33190	Mar 12-Apr 16	Sa	9:00-10:00am
#33218	Apr 4-20	M,W	6:00-7:00pm

Pullen Park Tennis Courts

#33191	Mar 7-23	M,W	6:00-7:00pm
#33192	Mar 12-Apr 16	Sa	9:00-10:00am
#33219	Apr 4-20	M,W	6:00-7:00pm

Tennis Adult Level 2

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$48

Age: 18yrs and up. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$48

Millbrook Tennis Center

#33193	Mar 7-23	M,W	6:00-7:00pm
#33194	Mar 8-24	T,Th	7:00-8:00pm
#33195	Mar 12-Apr 16	Sa	10:00-11:00am
#33220	Apr 4-20	M,W	6:00-7:00pm
#33221	Apr 5-21	T,Th	7:00-8:00pm
#33409	Mar 7-23	M,W	11:00am-12:00pm
#33410	Mar 8-24	T,Th	10:00-11:00am

Lake Lynn Community Center

#33196	Mar 8-24	T,Th	6:00-7:00pm
#33197	Mar 12-Apr 16	Sa	10:00-11:00am
#33222	Apr 5-21	T,Th	6:00-7:00pm

Pullen Park Tennis Courts

#33198	Mar 8-24	T,Th	6:00-7:00pm
#33199	Mar 12-Apr 16	Sa	10:00-11:00am
#33223	Apr 5-21	T,Th	6:00-7:00pm

Tennis Adult Level 3

Location: Millbrook Tennis Center

Age: 18yrs and up. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$48

#33200	Mar 7-23	M,W	7:00-8:00pm
#33201	Mar 8-24	T,Th	6:00-7:00pm
#33202	Mar 12-Apr 16	Sa	11:00am-12:00pm
#33224	Apr 4-20	M,W	7:00-8:00pm
#33225	Apr 5-21	T,Th	6:00-7:00pm

Tennis Adult Level 4

Location: Millbrook Tennis Center

Age: 18yrs and up. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spin during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$48

#33204	Mar 8-24	T,Th	6:00-7:00pm
#33205	Mar 12-Apr 16	Sa	12:00-1:00pm
#33227	Apr 5-21	T,Th	6:00-7:00pm

Tennis Adult Level 5 - Advanced Drills

Location: Millbrook Tennis Center

Age: 18yrs and up. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$48

#33368	Mar 7-23	M,W	7:00-8:00pm
#33369	Apr 4-20	M,W	7:00-8:00pm

Tennis Adult Package Level 1 (ATP 1)

Location: Millbrook Tennis Center

Age: 18yrs and up. No experience needed for this class. This is a package which includes a new racquet, 8 weeks of lessons, 8 concurrent weeks of scheduled practice, followed by a 6 week league, a t-shirt, a can of new balls, a rule book and a stretching card. You will learn a full swing forehand and backhand, volley, overhead, serve, scorekeeping and the rules of tennis. You will graduate to level 2, which requires players to be able to serve 6 out of 10 in from

the baseline, keep score and play a full court set. Bring a friend or come meet new ones!
 Class Fee: \$123
 #33209 Mar 8-Jun 7 T 5:00-6:00pm
 #33210 Mar 9-Jun 8 W 5:00-6:00pm

Tennis Adult Package Level 2 (ATP 2)

Location: Millbrook Tennis Center
 Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$123
 #33211 Mar 7-Jun 6 M 5:00-6:00pm
 #33212 Mar 10-Jun 9 Th 5:00-6:00pm

Tennis Adult Private Coaching

Location: Millbrook Tennis Center
 Age: All Ages. Schedule your own private coaching session with one of our 5 certified Tennis Pros. Schedule 1/2 hour or one hour with just you or a group at Millbrook Exchange or at any other city owned court. To schedule, call Millbrook at 872-4128. Class Fee: \$35

Tennis Grand Prix Challenge Adult Ladder

Location: Millbrook Tennis Center
 Age: 18yrs and up. Competitive ladder play for men and women. Participants play challenge matches for points. There will be singles and doubles ladders at National Tennis Rating Program, NTRP, playing levels. Players may join the ladders anytime during the first six weeks of the session. Players arrange their own match time and location. Class Fee: \$24

Tennis Women's Morning Quadrants

Location: Millbrook Tennis Center
 Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles

matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or to have a substitute present. Class Fee: \$28

#33367 Mar 16-May 25 W 9:30-11:30am

Volleyball Forever

Location: Lions Park Community Center
 Age: 16yrs and up. An evening of free-play volleyball that is meant for amateurs and volleyball lovers. Come out and get pumped up for lots of fun. Class Fee: \$0
 #32270 Mar 14-Apr 4 M 6:30-8:00pm
 #32271 Apr 4-25 M 6:30-8:00pm

Senior

3-on-3 Senior Adult Basketball

Location: Method Road Community Center
 Age: 55yrs and up. Organized basketball for senior adults. Class Fee:
 #33154 Mar 7-30 M,W 3:30-5:30pm
 #33155 Apr 4-27 M,W 3:30-5:30pm

Badminton & Table Tennis Free Play

Location: Optimist Community Center
 Age: 55yrs and up. Learn to play and practice badminton and table tennis. All ability levels welcome. Equipment is provided. For more information, contact Senior Adult programs, 831-6851. Class Fee: \$0
 #32128 Jan 6-Apr 28 Th 11:00am-12:30pm

Horseshoes

Location: Athens Drive High School
 Age: 55yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School. For more information, contact Senior Adult programs, 831-6851. Class Fee: \$0
 #32121 Jan 4-Apr 30 T,Sa 9:00-10:30am

Shuffleboard

Location: Athens Drive High School
 Age: 55yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School. For more information, contact Senior Adult programs, 831-6851. Class Fee: \$0
 #32122 Jan 4-Apr 30 T,Sa 9:00-10:30am

Tennis - Free Play For Seniors

Location: Millbrook Tennis Center
 Age: 55yrs and up. Free play and practice for senior players. Class Fee: \$0
 #32127 Jan 3-Apr 28 M, Th 8:30-10:00am

Table Tennis Free Play

Location: Lake Lynn Community Center
 Age: 55yrs and up. Learn to play and practice table tennis — all ability levels welcome. Class Fee: \$0
 #32095 Jan 4-Apr 26 T 6:30-9:00pm
 #32100 Jan 7-Apr 29 F 10:00am-12:00pm

Family

Basketball - Open Play

Location: Lions Park Community Center
 Age: 5yrs and up. Come out and enjoy open play gym. This is a relaxed atmosphere where you can participate in a scrimmage basketball game or practice your skills. Call for available times. Class Fee:
 #32319 Mar 15-Apr 10 T,Th,Sa-Su 8:00-10:00pm
 #32320 Apr 2-28 T,Th,Sa-Su 9:00am-3:00pm

Billiards

Location: Pullen Community Center
 Age: 5yrs and up. Come play pool in a quiet, family environment. A \$5 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult.
 #30958 Jan 1-31 M-F 7:30am-9:30pm
 Sa 9:00am-3:00pm
 #30959 Feb 1-28 M-F 7:30am-9:30pm
 Sa 9:00am-3:00pm
 #30960 Mar 1-31 M-F 7:30am-9:30pm
 Sa 9:00am-3:00pm
 #30961 Apr 1-30 M-F 7:30am-9:30pm
 Sa 9:00am-3:00pm



Facilities Map

Art Centers

16 Pullen Arts Center	•L
105 Pullen Road 27607	831-6126
7 Sertoma Arts Center	•L
1400 W. Millbrook Road 27612	420-2329

Lakes

49 Lake Benson	OPQ
Buffaloe Road, Garner 27529	662-5703
19 Lake Johnson	•MNOPOQ
4600 Avenet Ferry Road 27606	233-2121
20 Lake Wheeler	EJMOPOQ
6404 Lake Wheeler Road 27603	662-5704
7 Shelley Lake	EGJNOPOQ
1400 W. Millbrook Road 27612	420-2331

Special Facilities

3 All Childrens Playground/Laurel Hills Park	•BEG
3808 Edwards Mill Road 27612	420-2383
50 Anderson Point Park	•EM
10 Anderson Point Drive 27610	831-6640
9 Baileywick Road Park	•BEM
9501 Baileywick Road 27615	870-2911
5 Borden Building/Fletcher Park	GM
820 Clay Street 27605	831-6430
10 Brookhaven Nature Park	•K
5125 Berkeley Street 27612	831-6856
32 Cedar Hills Park	•BCEFGHM
5600 Sweetbriar Street 27609	870-2880
33 Durant Nature Park	•EKMOQ
8305 Durant Road 27614	870-2871
22 Kentwood Park	BCEH
4531 Kaplan Drive 27606	
34 Marsh Creek Park	BMT
3016 New Hope Road 27604	872-4140
15 Method Pioneer Building	•
516 Method Road 27607	831-6066
26 Millbrook Exchange Off Leash Dog Park	U
1905 Spring Forest Road 27615	872-4156
26 Millbrook Tennis Center	•C
1905 B Spring Forest Road 27615	872-4129
35 Mordecai Historical	
1 Mimosa Street 27604	834-4844
11 North Hills Park	BCEMN
100 Chowan Circle 27609	870-2880
36 Oakwood Park	BMG
910 Brookside Drive 27604	831-6995
16 Pullen Amusements	•CEMOP
520 Ashe Avenue 27606	831-6468
12 Raleigh Little Theatre/Rose Garden	•
301 Pogue Street 27607	821-4579
37 Spring Forest Road Park	BCEGMN
4203 Spring Forest Road 27616	872-4140
16 Theatre In The Park	•
105 Pullen Road 27607	831-6936
38 Tucker House	•
418 N. Person Street 27601	831-6009
39 Buffaloe Road Athletic Park	BEW
5812 Buffaloe Road 27616	831-6836
51 Walnut Creek Softball Complex	•B
1201 Sunnybrook Road 27610	250-2725
13 Williams Park	CEMR
6601 Leadmine Road 27612	420-2329

Staffed Community Centers

40 Biltmore Hills	•ABCDEGM
2615 Filtgerald Drive 27610	831-6895
14 Carolina Pines	•ABCE
2305 Lake Wheeler Road 27603	831-6435
41 Chavis	•ABCDEMNW
505 MLK Jr. Boulevard 27601	831-6989
23 Green Rd.	•ABGRC
4201 Green Road 27604	872-4140
24 Halifax	AEG
1015 Halifax Street 27604	831-6378
1 Jaycee	•ABCEJMR
2405 Wade Avenue 27607	831-6833
2 Lake Lynn	•ABCNOE
7921 Ray Road 27613	870-2911
3 Laurel Hills	•ABEG
3808 Edwards Mill Road 27612	420-2383
25 Lions	•ABCEGMS
516 Dennis Avenue 27604	831-6995
26 Millbrook Exchange	•ABCDEGJMN
1905 Spring Forest Road 27615	872-4156
15 Method	•AEG
514 Method Road 27607	831-6066
4 Optimist	•ABCDEN
5900 Whittier Drive 27609	870-2880
16 Pullen Community Center	•A
408 Ashe Avenue 27606	831-6052
42 Ralph Campbell	•AG
756 Lunar Drive 27610	250-2757
43 Roberts	•ABCEGLM
1300 E. Martin Street 27610	831-6830
44 Southgate	•AEGM
1801 Proctor Street 27610	831-6719
27 Tarboro Rd.	•ACEM
121 N. Tarboro Road 27610	831-6505
45 Walnut Terrace	•A
111 W. Lee Street 27601	831-6155
46 Worthdale	•AFCE
1001 Cooper Road 27610	250-2730

Swimming Pools

40 Biltmore Pool	•
701 Crown Crossing Lane 27529	831-6736
41 Chavis Pool	
501 MLK Jr. Boulevard 27601	831-6665
21 Lake Johnson Pool	•
1416 Athens Drive 27606	233-2111
31 Longview Pool	•
321 Bertie Drive 27610	831-6343
26 Millbrook Pool	•
1905 Spring Forest Road 27615	872-4130
4 Optimist Pool	•
5902 Whittier Drive 27609	870-2882
16 Pullen Aquatic Center	•
410 Ashe Avenue 27606	831-6197
8 Ridge Rd Pool	•
1709 Ridge Road 27607	420-2322

Unstaffed Neighborhood Centers *

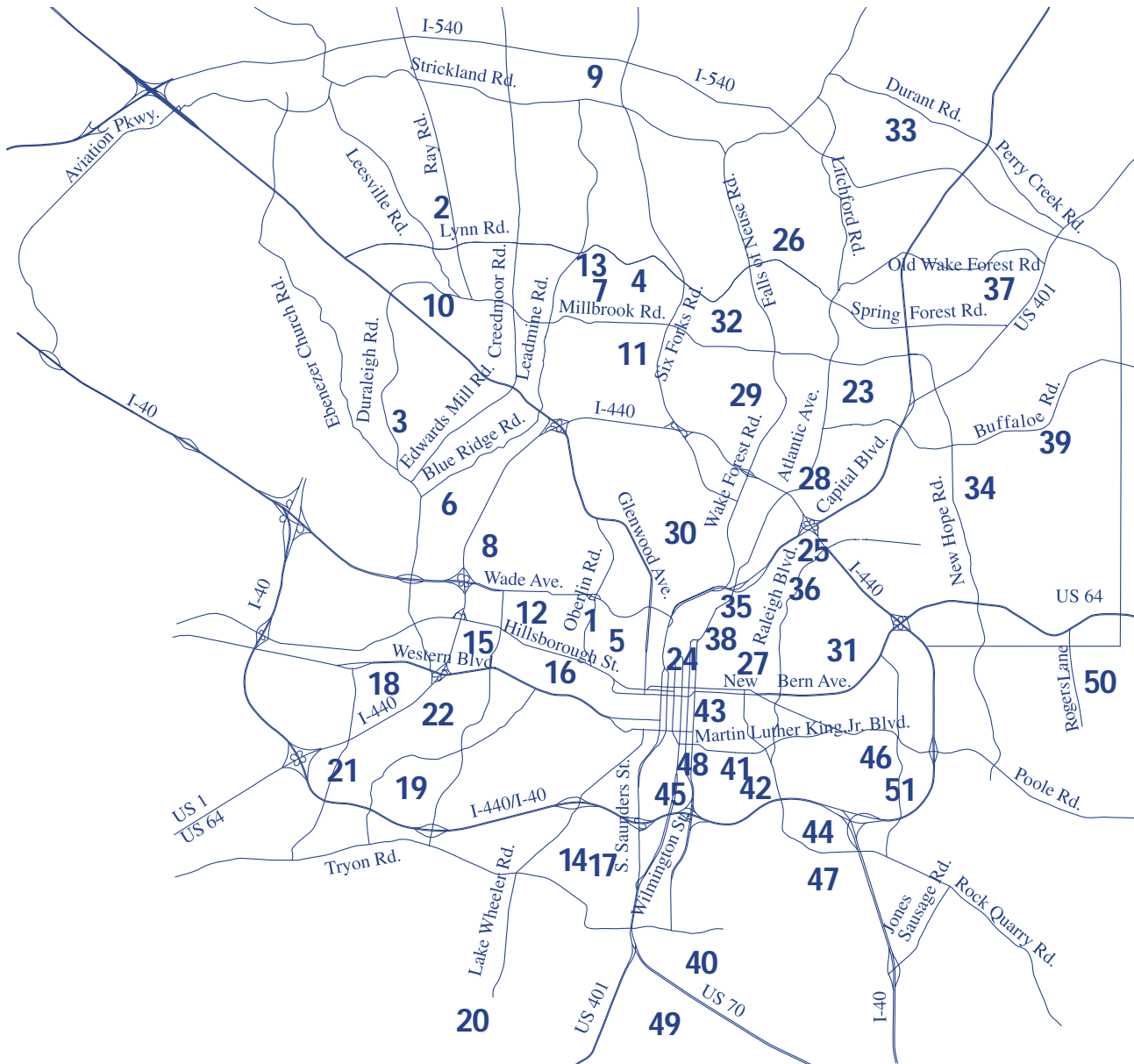
28 Brentwood c/o Green Road	•ABCEGM
3315 Vinson Court 27604	872-4140
29 Eastgate c/o Millbrook	•ACE
4200 Quail Hollow Drive 27609	872-4156
5 Garris Building c/o Jaycee	•ACM
820 Clay Street 27605	831-6833
6 Glen Eden Pilot c/o Jaycee	•ACM
1500 Glen Eden Drive 27612	831-6833
48 John P. "Top" Greene Center c/o Chavis	•A
401 Martin Luther King Blvd. 27601	831-6989
30 Kiwanis c/o Optimist	•ABEGM
2525 Noble Road 27608	870-2880
17 Peach Road Neighborhood Center	•AEG
911 Ileagnes Road 27603	807-8545
18 Powell Drive c/o Method	•ACEG
740 Powell Drive 27606	831-6066
47 Sanderford Road c/o Biltmore	•ABCEG
2623 Sanderford Road 27610	831-6895

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Legend

- A Community Center
- B Lighted Ballfield(s)
- C Tennis Courts
- D Pool
- E Play Equipment
- F Mini Park
- G Outdoor Basketball
- H Frisbee Golf
- J Exercise Trail
- K Nature Study
- L Arts
- M Picnic Shelter
- N Greenway Trail
- O Lake
- P Boat Rental
- Q Fishing
- R Sand Volleyball
- S BMX Track
- T Inline Skating
- U Dog Park
- W Walking Track
- Handicap Accessible

Facilities Map



How do I Register?



RecLink Online

parks.raleighnc.gov

24 hours/day

Beginning December 14, 2004 at 9:00am

Immediate Confirmation

On Tuesday, December 14, 2004 at 9:00am, registration will open. RecLink allows quick, efficient registration online 24 hours a day, 7 days a week.

- Visit parks.raleighnc.gov and click on RecLink
- Have your Family PIN and Client Barcode ready.
- Payment options include VISA, Mastercard, or Credit on account.
- Full account payment is required to complete registration.
- Immediate confirmation will be provided once payment is complete.



Walk-In

Beginning December 14, 2004 at 9:00am

Immediate Confirmation

Beginning December 14, 2004 at 9:00am, bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

- Payment options include VISA, Mastercard, Cash, Credit on account, Money Order, or Check (made payable to City of Raleigh).



Mail-In

Processing will begin on Tuesday, November 30, 2004

- Complete registration form. Please print clearly.
- Payment options include VISA, Mastercard, Credit on account, Money Order, or Check (made payable to City of Raleigh).
- Mail the completed registration form to the City of Raleigh Recreation site where the class or program will be held (unless otherwise noted).
- Registration receipts will be mailed.

Participant Last Name _____ Participant's First Name _____ Participant's Birthdate _____

Parent's Last Name _____ First Name _____

Mailing Address _____ City _____ State _____ Zip _____

Telephone _____ Business Phone _____ Email Address _____

Emergency Contact Name (other than parent) _____ Emergency Contact Phone Number _____

Registration Account Information: ☐ Create a New Account ☐ Update my Account ☐ Add me to the Mailing list ☐ Remove me from the Mailing list

Payment is required at the time of Registration

Last Name	First Name	Birth Date	Age	Sex	Course Barcode	Program Name	Start Date	Day	Time	Facility	Fee
											\$
											\$
											\$
											\$
											\$
<div style="text-align: right;">*Non-City of Raleigh Residence Fee (per class)</div>											
<div style="text-align: center;"> I would like to make a donation to support a child's participation in Raleigh Parks & Recreation Program (specify amount) </div>											
<div style="display: flex; justify-content: space-between;"> <div>Form of Payment (please circle)</div> <div> <input type="radio"/> Check # _____ <input type="radio"/> Money Order <input type="radio"/> Credit Card (Complete Credit Card Info. block below) </div> <div>Total</div> </div>											

Participant Signature _____ Date _____
Signature of parent/legal guardian if child is under 18 _____



Look What's New...

The Leisure Ledger has a new look!

In order to find classes and programs faster and easier, you can now search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search online with RecLink—the new Raleigh Parks and Recreation online registration system. The Leisure Ledger will continue to highlight Raleigh Parks and Recreation participants through photos and features—so keep an eye out for neighbors, friends, or even your family!

Register Online with RecLink

Online registration will open for January-April 2005 programs at 9:00am on Tuesday, December 14. You will be able to search for classes and programs by

- location
- age category
- activity
- keyword



Look for detailed information on registration with RecLink in November 2004.

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities



City of Raleigh
Parks and Recreation
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Raleigh, NC 27602

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